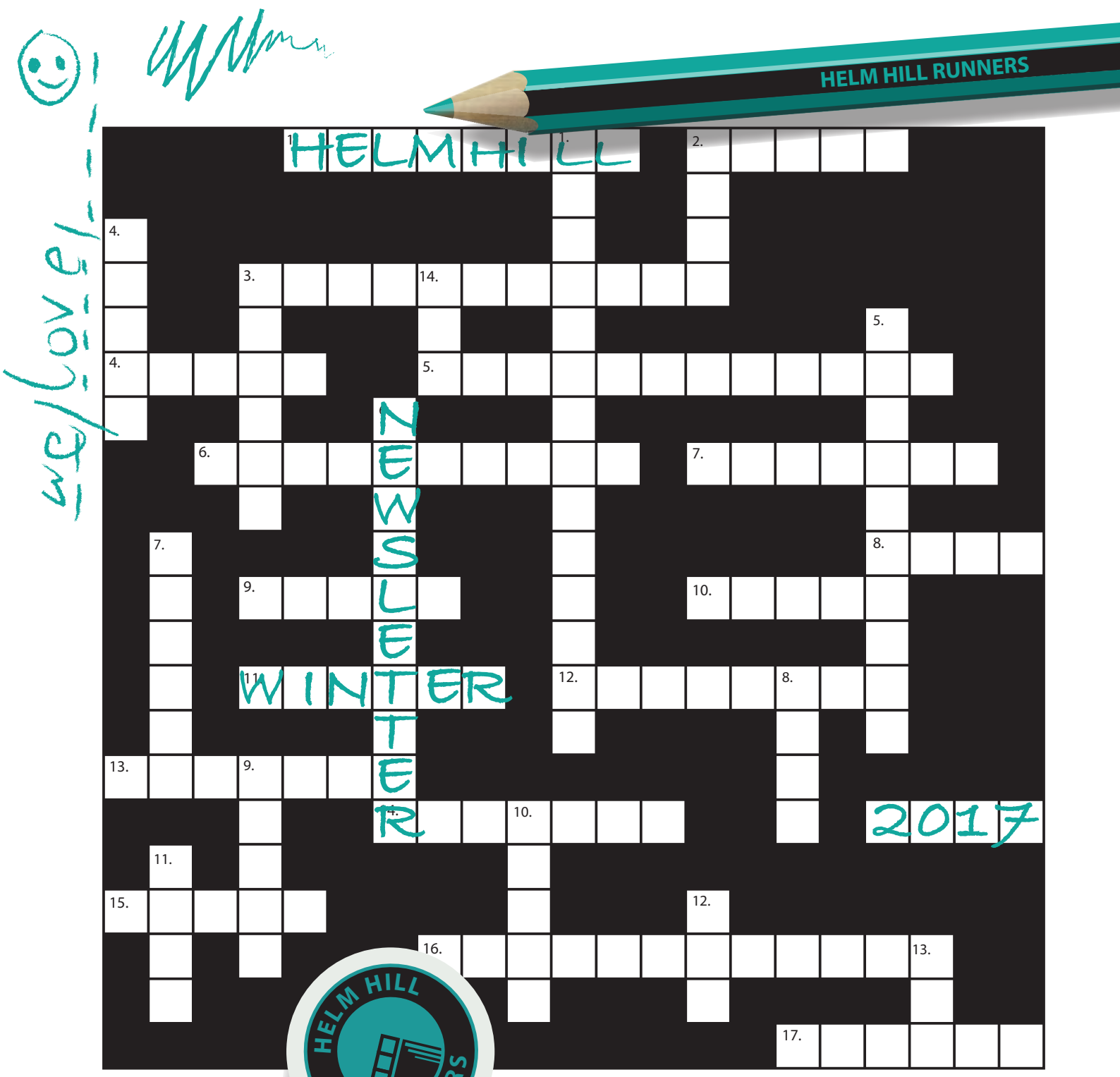


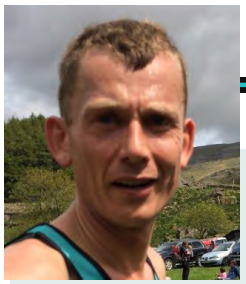
Across

1. The best club (4,
2. QOM (5).
3. Uphill champions (4,7).
4. Coordinator (5).
5. Bronze English team (4,3,5).
6. Golden team (6,4).
7 and 9. Hatrick Man (5,7)
10 and 12. Marathon Man (5,8)
11. It's coming (6).
15 and 11 down. OMM champ
17 and 4 down. Shaun's favorit
shape (6,5).

Down

1. Bronze English team (6,3,5).
2 and 8 across. English silver team (4,4).
3 and 14 across. English u23 Champion (6,7).
5. Nearest pub (7,3).
6. This is it (10).
7. and 13 across. British u23 Champion (6,7).
9. After the ups (5).
10 and 8. League opener (5,4).
12 and 16 across. Founder (3,12).
13. Pete's best bird (3).
14. Scotsmann for a day (3).

Answers inside....



CAPTAIN'S BITs—KIERAN HODGSON, SHARON TAYLOR (& ALI RICHARDS)

KIERAN:

As another fell season draws to a close it is a time for reflection. It has been a very memorable year for the club but also one on a personal note. Coping with long term injury when you are such an active individual is one of the biggest challenges I have ever had to face. I would not be telling the truth if I said there haven't been dark moments but hanging out with the green machine and my Helm buddies has definitely helped me through. So I guess I am taking this opportunity to say thank you for all your messages and words of support. In my mind this is testament to the fantastic team ethos we have at the club. I am also the type of guy that likes to try to find the positives and a big one has been seeing things from a different perspective whilst on the sidelines. By that I mean we often get hung up in our own racing. It's not that we're selfish. Just driven to perform at our best. I haven't had that and so I have been able to see and talk to people who perhaps might normally escape under my radar. Watching other groups train. It has all confirmed what a rich and diverse club we are a part of.

So I mentioned a memorable year for the club. I will have to mention our senior ladies team making history with their English champs team gold. An added bonus was to see our U18s making a big contribution to this too. Talking of U18s it was great to see some making appearances for the club at the recent FRA relays. Fantastic experience I'm sure. The men have worked hard too. A silver team medals in the English and British championships is real progress and something on which to build.

So I also need to say another thank you. To Ali for all her hard work over the years. It has been great working with you and I feel that we have made good progress over the last couple of years. One of the things we wanted to do was to try to think as one club rather than male and female. I hope people feel like this has happened. I would like to wish you well. So then I have to welcome Sharon as a new captain. Already in the short time she has been in the role she has already made an impression. Pushing a ladies team in the XC relays and getting a shoe deal for our members. She is a great competitor and strong organiser. Skills that I'm sure will continue to develop the club. I look forward to working with you to continue the future progress…

So all that remains is to wish everyone a fabulous Xmas and see you out there in 2018



SHARON:

A big thank you to Ali for all her work over the last few years as co-Club Captain…….they say to end on a high and she has certainly done that with a team GOLD in the Senior English Championship! Now it is about defending this in 2018 and turning the V40 team bronze medals into silver or even gold.

Many of you will know me, but some may not so I thought it would be useful just to tell you a little about myself. I am originally from Yorkshire and started running at the age of 10 when I joined my local club Bingley Harriers. I ran my first fell race at the age of 15, Vic Wilkinson won it so not much has changed in the last 23 years. I love races of around 8-12 miles, my legs are now too slow for the short ones and don't have enough miles in them for the longer ones. If I had to name my favourite one it would probably be Buttermere Sailbeck.

I met Rob through Bingley Harriers and we have been together since I was 18. We moved to the Lakes on the Bank Holiday weekend of August 2001 and the next day both won Grasmere Sports…….the Lakes was meant to be our home. Fast forward to 2017 and we now have 3 children, Millie, Isla & Jos who have been brought up on running, cycling and Wainwright bagging!

I am so looking forward to 2018, I honestly believe we have the best bunch of women at Helm Hill and look forward to celebrating individual and team success.



ALI:

Thanks to everyone for all their kind words at the AGM and the lovely gifts. It felt a bit strange doing a kind of "leaving speech" when I have no intention of going anywhere and intend to still be fully involved in many aspects of the club! However after 5 years I felt it was time to hand over the role and my time is increasingly in demand from what in the future I will refer to as "the football years" (as a taxi-service/sideline supporter I hasten to add!) I am extremely grateful to Sharon for being so willing to step into the role and I know she will do a great job.

If you had told me 5 years ago that in 2016 and 2017 we would win a medal in both the open and v40 categories at the English and British championships including a gold; get a gold, silver and bronze in the British relays and come 2nd twice in the Hodgson relay, I never would have believed it! From our humble beginnings of simply getting 3 women to a championship race, it has been amazing to see the growth in the number of Helm women vests out racing. Achieving the team gold medal was truly the icing on the cake of this year and I am so proud that we have come this far. All the women who raced in the championship races contributed to this team effort (I like to think that Marie, Carrie and myself played our own part by getting round Wasdale!) and should wear their pin badges with pride.

I have truly enjoyed all my time as a Helm Hill captain - thanks to everyone for their willingness to be cajoled into running races, doing recces and going along with all the chopping and changing of teams involved in the relays. It has also been truly fantastic seeing the growth in the number of women members at the club with so many inspirational women - who are out there pushing themselves, whether it's doing their first race or a 100 mile ultra. You're all bloomin brilliant. Just a few highlights from the last few years would be doing the Billy Bland challenge, supporting the amazing Sandra on her Jos Naylor challenge, trips to Jura, Ben Nevis and Ireland, the camaraderie at the winter league, seeing both Marie and now May complete 50 races in a year, hearing all about Carrie's global adventures and Jenny and Cat's crazy swim-run antics. Looking forward to being involved in many more epic adventures on the fells and to training and racing with you all in 2018

CHAIRMAN'S BIT—TIM MURRAY



At the recent Helm Hill Presentation Night we celebrated another great year for the Club. Gold, silver and bronze medals at individual and team level in the British and English championships, Relay success, long distance records, Club Championships, Junior triumphs and first time runners doing amazing things all year. The list goes on.

There are lots of highlights to look back on - for example, it was great to recognise May Crawford's achievements this year by awarding her Most Improved Runner at the Awards. A first time racer at the Nine Standards Fell Race in January May caught the bug and will be going on to complete 50 races this year!

On a personal level my highlight of the year has to be the 2 hours I spent in the company of Billy Procter doing the navigation leg at the British Relays. I have to say there wasn't a lot of conversation…..but I learnt a lot about myself and the mysterious thing we call 'race craft' and we did claim a few notable scalps along the way (check the results if you want to know who!).

After a such great year a couple of things come to mind…

Firstly - for anyone (Junior or Senior) who is thinking about doing their first race now would be a great time pull on the shoes, check the race calendar and register for your first competitive race. The Winter League Series is just around around the corner….it's organised by the club and for many people this is their first taste of fell racing. There will be lots of Helm Hill vests present at all the races…….so lots of people to ask for advice on race routes and preparation. All the races are flagged and are between 3 and 5 miles long. It's never too late to do your first race so see you on the start line!

Secondly - 2017 was great……let's see if we can make 2018 even better! As a Club we should always be looking to improve year on year in whatever it is that we are doing. We have a strong committee, great coaches and some exceptional athletes….. anything's possible!

Happy Running!

Tim

JUNIOR COORDINATOR'S UPDATE



Junior Coaches

Sarah Senior and Eric Pye, who coached successfully as a team for several years, stepped down this summer from their role. Their enthusiasm and commitment often included rushing to the Helm directly from Oxenholme train station or from work in Kendal, and I am grateful for their dedication over the years to their group. We are lucky to have Chris Schofield take up the reins in their place.

Jon Deegan has joined the coaching team this Autumn too. Jon is leading a level 5 group and has already enjoyed some adventures with these youngsters on Benson Knott. Like Chris, Jon brings with him a wealth of fell running experience; I am very glad he and Chris are part of our team.

Our Junior Coaching team now looks like this;
Level 1 group leaders; Anna Stevens, Sam Gibbs
Level 2 group leaders; Helen Samson, Chris Schofield
Level 3 group leaders; Spencer Samson, myself
Level 4 group leaders; Tim Murray, Kate Simpson
Level 5 group leaders; Billy Procter, Jon Deegan,

with our Chairman Tim and our President Billy being the longest-serving Junior coaches.

Junior Awards 2017

Friday 24 November evening was a time of celebration as many Helm Hill members received their club championship awards. Results of the 2017 Junior club championship;

Under 11 Girls	Ella Martindale 1st (joint)	Millie Jebb 1st (joint)	Emmy Ranner 3rd
Under 11 Boys	Marvin Gibbs 1st	Alife Addison 2nd	
Under 13 Girls	Clara Samson 1st	Sarah Smith 2nd	Elodie Malcolm 3rd
Under 13 Boys	Dylan Cater 1st	Joel Saunders 2nd	Finlay Grisedale 3rd
Under 15 Girls	Ella Beardwood 1st	Annabelle Taylor 2nd	
Under 15 Boys	Ollie Sanders 1st	Vaughan Samson 2nd	Daniel Harris 3rd
Under 17 Girls	Lottie Beardwood 1st		
Under 17 Boys	Robert Askew 1st	Lewis Bowness 2nd	Josh Roelants 3rd

There was recognition too for Alicia Crawford, Henry Hunter and Megan Harris who also went to seven races (the junior club championship required attendance at seven races from a set list of twelve).

Six whippet awards, for Juniors who are showing great application to their training, were awarded. Whippet awards recognise Juniors who work hard, attend regularly and hold a positive attitude; attributes that will serve them well in their running progression. Junior coaches decide who to nominate for a whippet award. Here are some of the things that junior coaches said about our 2017 whippets;

"The harder the session the happier he is"

"Always smiling, tries her hardest, holds her own"

"Great attendance, behaviour, kindness and improvement over the year"
This year, a new award was introduced for Juniors. The Ken Shuttleworth trophy commemorates the interest and support that Founder Member Ken had for Junior runners. It was awarded to Erin Bagge for consistent endeavour. Erin has been training with Helm since she was little, and is now in Jon Deegan's group.
The large trophy is perpetual but Erin received a small version to keep forever.



"Billy's award" went to Freddie Crawford who has been racing and tagging along to training nights for a long time now, and yet has only just reached the age of seven.

The 2018 Helm Hill club championship race list will be published soon, and all juniors are invited to take part in the championship.
Many thanks to Helen Samson who keeps track of race results and compiles our junior championship results.



Meanwhile the dates and venues of the FRA National championship 2018 races have been released;

25 March	Todd Cragg, Ambleside
14 April	Blacko, near Preston
19 May	Malham Kirkby Fell
26 May	West Nab, near Holmfirth
16 Jun	Clougha Pike, near Lancaster
30 Jun	Up the Nab, near Glossop

We are fortunate this year that four FRA championship races are within reasonable travelling distance. With one of the best Junior sections of any fell running club, our youngsters' chances are good in these races!

However, before this, the Winter League will begin! Not long now until the first race at the start of January!

As always, thank you to parents for your support – driving, paying, doing the washing and providing emotional back up for your children.

CLUB COLOURS

Congratulations to the following on gaining their club colours:

Remember that anyone from age 6 to any-number-of-years-that-you-regard-as-old-age can earn club colours. All you have to do is get round 12 races in a year for half colours, or 24 races for full colours. Many juniors are doing this; the list is steadily growing on the Honours page (to be found under the Races tab) on the website. Some have claimed full colours already for this year and are still going strong with their race participation.

Full colours

JUNIORS

Henry Hunter, Ella Martindale, Sarah Smith, Robert Askew, Tara Allan, Evan Allan, Alicia Crawford Joel Saunders, Dylan Cater

SENIORS

Liz Adams, Wendy Smith, Billy Procter, May Crawford, Bianca Dyer, Lindsay Harrod, Rick Stuart, Stuart Allan, Jayne Rigby
Andy Thomson, Leigh Baron

Half colours

JUNIORS

Clara Samson, Ella Martindale, Aaron Smith, Alicia Crawford, Tara Allan, Evan Allan, Joel Saunders, Dylan Cater, Finley Grisedale, Alfie Addison, Freddie Crawford, Becky Dyer, Elodie Malcolm, Martin Askew, Simon Rigby, Joseph Rigby
Oliver Willoughby, Marvin Gibbs

SENIORS

Liz Adams, Wendy Smith, May Crawford, Jonny Grisedale, Lindsay Harrod, Lorna Askew, Russ Cannon, Olly Waters, Tessa Hagendoorn

FRA ENGLISH CHAMPS 2017



Helm Hill had a fantastic year in the FRA and BOFRA championship series with many team and individual medals. The Womens Open team narrowly pipped Black Combe to Gold but only after some revisions after Black Combe were shown as winning—in true fell-running camaraderie both teams lined up for the pic after the trophy was awarded to Helm.













FRA BRITISH CHAMPS 2017













Helm Hill were privileged to recently host the recent Annual FRA Dinner Dance and Presentation at Castle Green Hotel. Over 200 runners from all over the country attended. Huge thanks goes to all the club members who helped out sort the tickets, the table arrangements & decorations, the band, welcome everyone and organise the awards.

The club had lots of thanks and positive feedback from the FRA organising committee and runners from other clubs



Helm also hosted a Billy Proctor Special race on the Helm for the occasion.— Race Reports for 'Tour De Helm'

HELM HILL 2018 PRESENTATION NIIGHT

t was great to see so many members at the Presentation Night on Friday. For those who weren't able to make it here's where the awards went!



<<< Helm Hill Runner of the Year - Mike Ainsworth



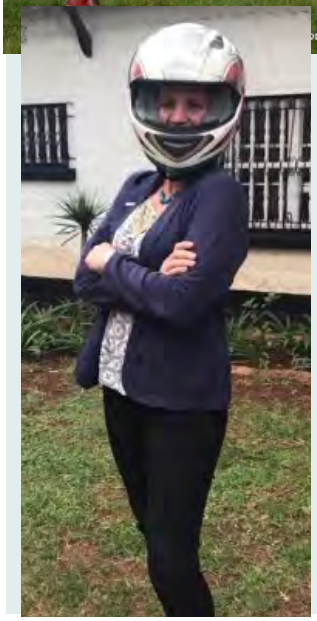
Male Athlete of the Year - Josh Jardine >>>>>



Female Athlete of the Year - Imogen Burrow



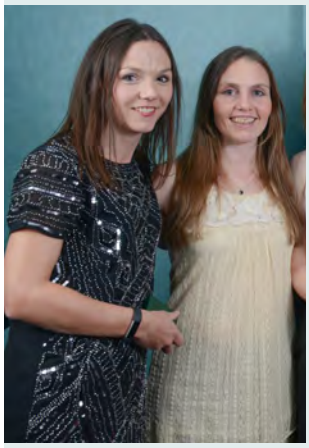
Most Improved Senior - May Song-Crawford



Coach of the Year - Kate Simpson



Crag Rat - Carrie Gibson



Team Of the Year - Women's Open English Champions Sharon Taylor, Hannah Russell, Bianca Dyer, Catherine Niblock, Lucy Spain, Imogen Burrow.



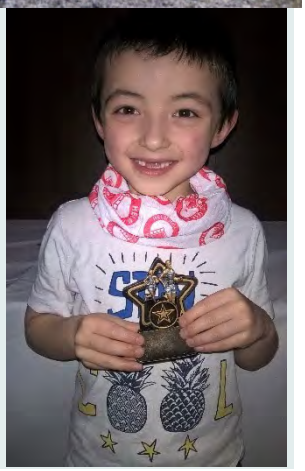
Most Improved Junior - Joe Clayton





Ken Shuttleworth Trophy - Erin Bagge

Special Star Award - Freddie Crawford



(Not pictured) Junior Whippets - Abigail Conner, Elise Tallon, Freya Richards, Becky Dyer, Evan Allan, Jonah Hughes.

We also recognised the Senior and Junior Club Championship winners, the Men's V40 team who completed the Billy Bland Challenge in a record time (with support from Karl!), our dedicated Committee members, our brilliant Coaches, Adam Perry who was made Crag Rat Captain, Billy P, our multiple V60 Champion and Ben Procter, the downhill champion. Last but not least Lizzie Adams who picked up the coveted 'I've Recced It' Award.

Phew.....what a night! Thanks to everyone who helped put together a fantastic event.

What will 2018 have in store.....??

Tim



The raffle

raised an impressive **£185**. Ken Shuttleworth's family have asked for the proceeds to be donated to St John's Hospice so a cheque will be winging its way there shortly. Thanks to Marie for organising.

British FRA Champs, race 3: Stuc a'Chroin 5000

By Mike Ainsworth



Winning? Yeah it feels good; satisfying, earned.

Winning with your club mates? Well….that feels amazing; an inspiring, infectious, addictive and shared experience.

So it was that the green army of Helm Hill Runners travelled the long journey north in May to the Stuc a'Chroin 5000 race at Strathyre. That biting cold day at Carnethy still fresh in our minds, this time we crossed the border to be greeted with perfection. Midge free Scottish sunshine. Oh and bottled water, did I mention the water?

The race soon started in earnest. Billy attempted to be first out of the start field after taking the classic ready steady gone approach. The rest of us fell into a steady drag through forest and over moorland before diving down and into the BIG climb of the day.



For some reason I really wanted a bottle of Highland SpringTM at this point and as if by magic there it was. A fantastic effort by the marshalls to carry it out. In fact there were so many bottles for the next five miles of ridge running up to Stuc and back it became a struggle to remain appropriately polite when faced with the barrage of Highland SpringTM on offer. I only twigged afterwards that the '5000' in the race name refers to a sponsorship agreement for the number of bottles of Highland SpringTM per mile of this classic race.

It wasn't long until runners were hammering back down past us and soon we turned at the top and thundered down the well marked descent. All that faced us now was one last climb.

Ahhh yes, the la'al bump we waltzed down earlier had grown into a cramp infested slog of terror. I'm still convinced I saw Jos Addison on this climb dressed as a bottle of Highland SpringTM…either way his support was a boost.

The final flourish was a 'short' three mile crash back through the forest that seemed to go on forever. In fact, some enjoyed this so much they decided to skip the marked route in favour of some 'short' cuts that almost did go on forever!



At the finish field Helm runners were scattered drinking, chatting, clapping and shade-bathing as the runners continued to come in. There were some great individual runs but it was the satisfaction of seeing everyone there competing for the club and celebrating each other's successes that I won't forget…..well that and the whisky galore prize giving!

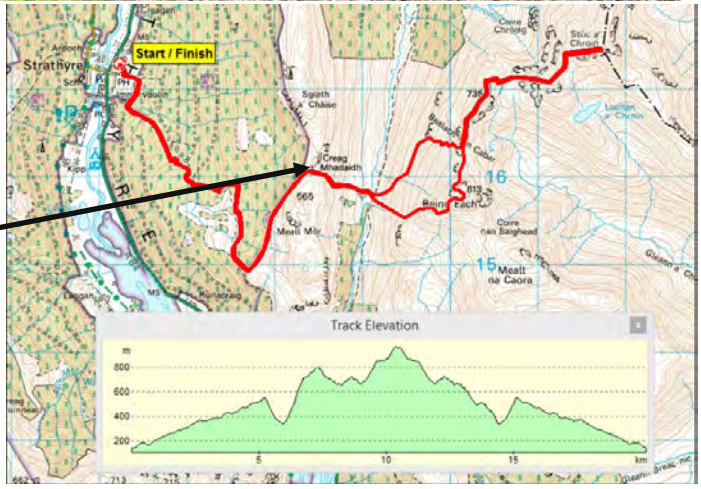
Six months later and no less than 16 Helm Hill runners receive team medals for the British Championships some of which were hard earned on that day back in May.

So…..how does it feel to win with your club mates?

Let's make sure 2018 is the year you find out!
#sharethesuccess #greenwash







English FRA Champs, race 5: Castle Carr

By Tim Murray

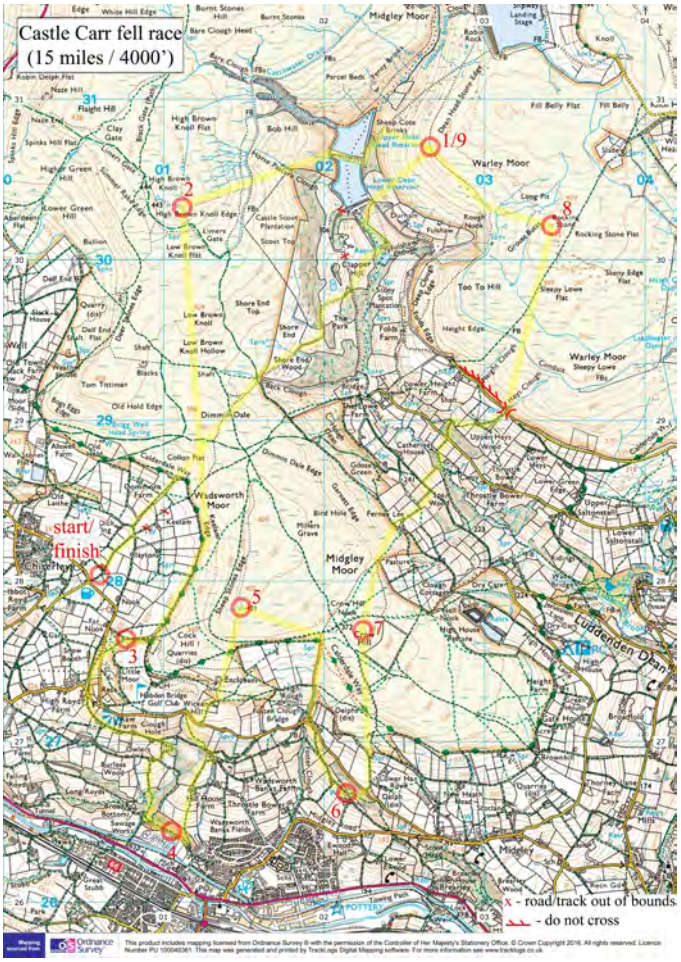
The usual approach when you arrive at a fell race is to stand near the start and look up at the surrounding hills. You then spend 30 minutes pointing up into the distance and discussing which ones you are going to be running over for the next couple of hours and wishing you'd done that recce that everyone else seems to have done.

Castle Carr is different. It's upside down for a start. The Helm Hill minibus drove up and up and up until the only place to look was down. We could see a plateau of undulating moors stretching into the distance.....with wooded valleys, fields and houses down below. This was going to be interesting.

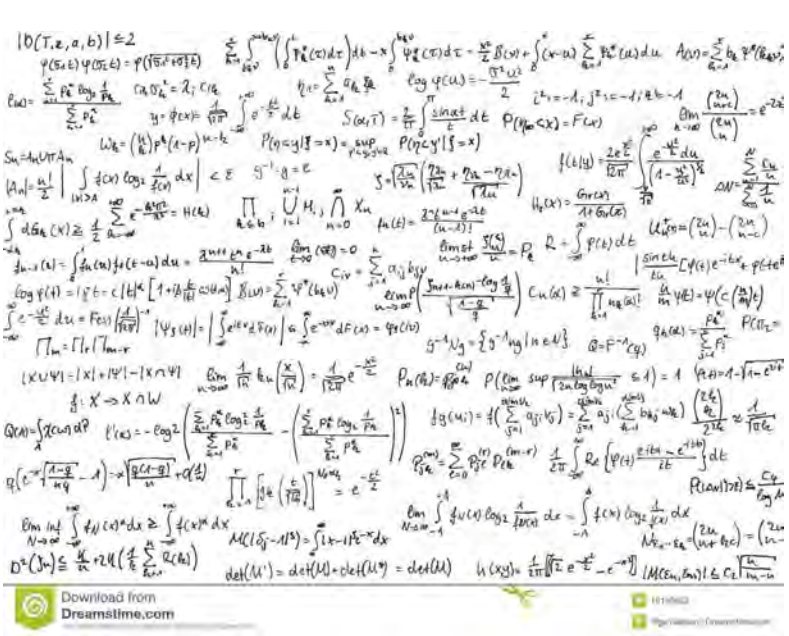
Race maps tend to be circular routes across empty fells with a couple of checkpoints thrown in to make sure everyone gets in the hard bits. The Castle Carr race map comes straight from the Crystal Maze. 15 miles of twists, turns, stiles, stiles and more stiles, parks, roads, reservoir, ginnels, golf courses, woods, rivers, fields, farms, gates, heather and tussocks, oh and did I mention stiles? This was going to be very interesting.

Standing at the start I'd never seen so many runners gripping the race map in nervous anticipation. The challenge was less about the distance and the climbing - it was more about not ending up in Leeds. Of course there had been lots of detailed route discussion in the bus travelling down. Those who hadn't recced the route were faced with a bewildering array of possible places to go wrong.....as were the ones who had recced it! I decided to make a few notes.

The Castle Carr Route Map



My Notes


Download from
Dreamstime.com

And so to the race. Brilliant marshals, great organization by CVFR and the sort of fun that only fell runners will admit to having. I must confess that it was a bit disconcerting to find out at check-point 3 that after an hours running and with 6 more CPs to go I was only 200 meters from the start.....but, all in all a great day out.....and who could complain when there's a pint of Tim Taylor's at the finish line.

Great turnout again by the #greenmachine





Glencoe Skyline

Jack Simpson mixed it with the best in Europe up in the Scottish Highlands on what looks like an epic race!



Steel Fell

Lots of Helm Hill runners enjoyed this fantastic (and free!) classic evening race. Earlier in the summer.





Original Mountain Marathon

Shane Ohly (partnered by Duncan Archer) won the Elite course on this tough 2-day mountain marathon.



Gasmere Sports (Club Champs)

Paul Reilly puts in a fine display at the club champs race.

FRA English Champs Race 4: Weets

A strong Helm turnout raced at the short, fast-paced Weets race. The women's race was in sweltering heat while the men's conducted in cooling monsoonal rains.







Tour de Helm—'FRA Do' race

Billy Proctor dreamed up a stonker of a race with a total of 8 climbs. Having run it in training most Helm runners opted to volunteer to marshal come race day! Could become a classic!







Skiddaw (Club Champs)

A long, long slog to the top of Skiddaw then a relentlessly fast, descent back down. Chris Richards won in style.





KILNSEY SHOW FELL RACE—Rick Stuart



It's a fell race Jim,... but not as we know it.

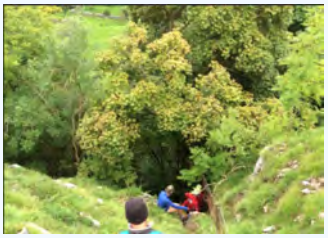
The Kilnsey Show Fell Race is legendary. One of a number of Yorkshire show races characterised by short, steep, brutal routes in view of the show field. It's legendary status is only increased by the worrying description of one part of the race descent by Ian Holmes - 'it's like jumping out of a tree'.

Kilnsey Show itself is a huge affair, with a consequently large throng of spectators for the race. After lining up in the main sports field, a fast sprint out of the ground through a makeshift narrow gap in the noisy, cheering crowd leads to us all funnelled through a small gap between trees to cross a beck full of freshly arranged, loose boulders, catch your breath then diagonally up a steep grassy bank full of rabbit holes, flat out for a bit then climb over a wall (no stiles here!), then more steep uphill, diagonally across a blend of scree and rabbit-holes, then a short, sharp lung-busting, hands-on-knees straight uphill push gains the scar top, flat out along the uneven grass/ limestone/ rabbit-holed top adjacent to the cliff edge, then….at the large red flag on the cliff edge with Skipton Mountain Rescue watching on, head off down the steep scar face ('what?! down there!? Er Ooh!'), then onto a comforting bit of straightforward scree, across some grass, straddle a fence, turn right and slip/slide down a worryingly steep grass/rock gully with a nice old rusty wire fence as a handrail leading to the top of Kilnsey Chimney....





'Whoa!....There's tree tops and not a lot else apart from a dark void...come on how dangerous can a fell-race be really?'



….Ooh...crikey! Ah..

Yikes! That's pretty dangerous!' It now becomes apparent why so many runners are wearing cycling gloves. Those who've been doing this for years simply reach forward and grab hold of the now freely-hanging wire fence, swing off it and let go before landing back further down the chimney at the tree trunk atop the next big drop. Mountain Rescue also now rig a large rope from top to bottom giving runners the choice of an assisted rear-facing / forward-facing hand-over-hand abseil down the 2-3m sheer drop. The drop below the tree has no wire fence so the rope comes in pretty handy! Or, as is traditional, simply jump. Further back from the front-runners, when a queue forms the more experienced / less patient take an alternate but thoroughly scary route down the extremely steep rocky slope using the peppering of 4cm diameter Elder trees (not famed for their strength so sort of Russian-roulette hand holds). Safely down the chimney one way or other, head off on a steep downwards contour across scree, then another steep contour downwards across slippy grass and rabbit holes, back across the loose boulder-strewn beck and sprint back through the noisy crowd 150m to the finish line, collapse on floor, lie down panting looking back at the whole route just run and think 'How is it even possible that I just did that in 10 minutes!' (Or words to that effect)



At £1 for every adrenaline-fuelled minute it's not the cheapest race you'll ever enter, but probably the best £10 you'll ever spend on a fell race. You simply must do it. Post-script: Ali sprinted into the finish field feeling like she'd given it her all had a good race only to hear bellowed across the show tannoy "...and here comes Ali Richards being chased down by 77yr old Norman Bush of Ilkley" (in a vest so old it looked like a crop-top). Norman took the honours.

CLUB CHAMPIONSHIPS

JUNIOR CLUB CHAMPIONSHIP 2017

Well done to everyone that took part in the club champs races.

U11 Girls

=1st Ella Martindale / Millie Jebb,
3rd Emmy Ranner

U11 Boys

1st Marvin Gibbbs, 2nd Alfie Addison

U17 Boys

1st Robert Askew, 2nd Lewis Bowness, 3rd Josh Roeland

U13 Girls

1st Clara Samson,
2nd Sarah Smith,
3rd Elodie Malcolm

U13 Boys

1st Dylan Cater, 2nd Joel Saunders,
3rd Finlay Grisedale

U15 Girls

1st Ella Beardwood,
2nd Annabelle Taylor

U15 Boys

1st Ollie Sanders, 2nd Vaughan Samson, 3rd Daniel Harris

U17 Girls

1st Lottie Beardwood

SENIOR CLUB CHAMPIONs 2017

**CARRIE GIBSON &
PAUL REILLY**

"I love it when the club champs sheet comes out because it takes me to races I've never done and therefore places I've never been. There is always a great turn out from the club so it makes it like a social event each time. I like the new points system as it means it always going to be very close at the end of the year"







Junior & senior Helm Hill Runners at Grasmere Sports, one of the Junior & Senior club champs -with racing legend Tommy Sedgewick

GALTEE CROSSING, IRELAND—Paul Scully



The Galtee Crossing , Ireland, 02/7/17 The Galtees are the highest inland mountain range in Ireland with the highest peak Galtymore at over 3000ft. The range borders the counties of Limerick and Tipperary in the south of the Emerald Isle and they have enchanted me since I was a kid when my father, a Tipperary man, took us there on our school holidays. With our early summers being spent swimming in the ice aged freshwater corrie lakes and climbing some of the summits it was a mountain range that at the time was unknown to many and had a charm and beauty that was hidden. There were hardly any paths or maps and local knowledge was the only way to explore them.

Go forward to 2017, myself, my wife Jenny Rice and a bunch of runners are disembarking a coach at the small village of Anglesborough which lies nestled in the south east corner of the Galtees. We have entered the Galtee Crossing which is part of the IMRA Munster Long Distance Championship. 20 miles in length and about 5500 feet in ascent, it climbs and traverses the high ridge of the Galtees from Anglesborough and finishes in the shadow of the Cahir Castle on the west side of the range.



With an embarrassing Scully family fanfare at the start, 50 odd runners set off on the steep climb of the first summit Lyracappul (confluence of the horse). The sweat started to trickle. By 10 am it was hot and sticky but the views across to the Knockmealdown Mountains to the south was uplifting and sublime. It was a beautiful clear day and you could see for miles and miles to the counties of Limerick, Waterford, Tipperary and Cork. Unfortunately the pace was on and as recovering from a broken metatarsal from stepping on a beach pebble (thats another story) the steep hills were hard and testing. Navigation was easy as it was a clear day, there was a small bit of upslope fog but it was it was good going. We followed a trod as it climbed up to the highest peak, Galtymore. From here, we picked our way out of some peat hags, slanted across the hillside towards the col and then onto Galtybeg. Peatbogs and peatbogs. There was no best line and a lot of leaping later we headed on a fantastic descent looking down over Lake Muskry towards the peaks of Greenane (Sunny spot) and Farbreaga (False Man). It was spectacular.

Over halfway and the field had spread out by now and we were running under a sweltering midday sun, unusual for an Irish July. After Farbreaga it was rough and trackless ground over to the lower foothills of the range. Rolling tracks and endless contouring of the lower slopes were hard underfoot and I was looking forward to finishing even though there were a few miles left. When we got to Slieveanard which is at about 450m I was feeling it and we had about 5 miles to go. Lack of fitness was telling me that it was going to tough for the final push. What should have been a beautiful run through the forested sections of the southern slopes turned out to be be a lengthy ordeal. Ricey was loving it and had a spring in her step. Jen was already on course for the women's record and I said to go for it! Instead Jen got me home as me legs were past it. The last two miles was on tarmac through the streets of Cahir and polished me off. We got in around 4hr 30' .

We were respectively 19th/20th overalll with Jen getting first female which was awesome. I am in debt with her in getting me through the last four miles! First thing we got was a meal token at the local pub! For a little known range of mountains that I have known all my life and have been the backdrop of my Aunty Bridget's house for many a year, it was a privilege to enjoy a day traversing them. 'Meas na sléibhte'



Tales of the unexpected- Snowdon , Ben Nevis and Scafell



Marie Robson [herewith known as Queen Madge]

Well this made a change from my usual Three Peaks challenge to myself, that being the Yorkshire Three Peaks a race where I always, always, wish I could have gone faster.

No, these were the three peaks of Snowdon, Ben Nevis and Scafell, a group of races that , like many others, form part of a mini series. I hadn't really considered the races as a series, just a group of nice mountains to run up and down.

I remember last year Lindsay Buck had done the Snowdon Twilight race and the pictures of runners having tea and flapjack at finish in the cafe at the top made me think I wanted to do it !

So I whetted my appetite with the Twilight Race at Snowdon in June .

This was our first visit of the year to Snowdon and we seem to have been back so many times since then! The Twilight race is uphill only, to the summit and has a great atmosphere and I would thoroughly recommend it to anyone.

Snowdon Race was in July and is straight up and down on the tourist path - I had to make sure that we entered early as it is popular . The race is a really big deal for the area and is even covered live on Welsh tv! The going was good until the final climb from the railway tunnel when the mist came in and temperatures dropped. The summit is quite narrow and it was very busy with runners (up and down) competing for space with marshals and nervous looking walkers . All went well and I was happy with my run.

Ben Nevis was next and this happened to be on the weekend of my 50th birthday in early September. This was my second Ben Nevis race and is now one of my favourite races where I enjoy the climb and love the technical descent from the top. And it is a race where I always overtake John on the way down, so that's a bonus! It was great to see so many Helm Hill runners taking part, it was a fantastic atmosphere and the perfect way to spend my birthday weekend..

Scafell was next and although it clashed with Three Shires (a club championship race) I felt I had to do it just to complete the three. I knew that there was a prize for King and Queen of the Mountains for the fastest male and female to complete all three races and it was Carrie who told me to take my positions with me for Snowdon and the Ben and write them on the sheet at the start which I did.

So the Scafell race took place on a beautiful, clear day and, while shorter than the others, was no less brutal in the climb up and over Lingmell. The race is a bit more low key than the others but there was a great turnout again.. Again I enjoyed the race with John, overtaking him on the technical descent from the top and having a cat and dog chase all the way down before he sprinted me in at the finish! I loved it !

At the prize giving the usual winners and places were announced before the King and Queen of the Mountains trophies appeared. I could not believe it when my name was read out as winning the Queen of the Mountains - I was gob smacked !



It was a very proud and emotional moment to be handed the beautiful trophy by Joss Naylor - who ever thought that would happen?!

I always say it but I know that I am an 'average' runner with a bit of commitment. It just goes to show that these challenges are out there and anyone can surprise themselves if they just turn up and give it a go .....and as I always say 'you have to be in it to win it !'

It is also a big thanks to all the people who make Helm Hill what it is and give up their time to provide training for us all .

RACE REPORTS: SOUTHERN SPECIAL—Jenny Rice

Jenny Rice reports from the 'fell racing' scene darn sarf



Cut Hill, Dartmoor. Yes there are moors, bogs and mist south of Bristol

This year, I've ended up racing in a number of fell races 'down south' . With my family in Devon and Paul's family in London, a surprising number of trips to visit our families have coincided with a race or two...Bodmin 5 Tors. I've driven past Bodmin Moor on the way to the beach far more times than I've set foot on it. Other than a Bronze Duke of Edinburgh training weekend on the moor andone family walk over some of the race route a couple of years ago, that's been it. I've wanted to do this race for years, and this year the race was on Easter Sunday - and we were in Devon! My parents both took part as well, although sadly Paul had to watch having hurt his foot on a small pebble two weeks earlier. The East Cornwall Harriers organise the 8 mile race over 5 tors - Tregarrick Tor, Kilmar Tor, Bearah Tor, Sharp Tor and the Cheesewring. The course is flagged, and annoyingly runnable - a few short hills, but nothing I really should have walked, although I did! At five miles in, you run around Kilmar Tor, also called Twelve Men's Moor - whereas most tors have one or two huge lumps of rock, this one is a 1km long stretch of granite, quite a feature to run past (over it would have been more interesting!). The next two tors - Bearah and Sharp, pass quite rapidly. But it was the final stretch to the finish that got me - along a disused railway track which still has the stone sleepers, getting your footing right was tricky, it was fast running, but you either had to take big or small strides to land on the sleepers.

Surrey Hills race: A few years ago, Paul and I did our first ever orienteering event with South London Orienteers (SLO), on Wimbledon Common, in the dark. We thought we knew the common quite well... and got well and truly lost! I saw SLO had a race over the Surrey Hills, the same weekend I planned to be in London, there were 3 course options - A 30km, B 16km or C 10km. I needed to get along run in, so 30km it was. I checked the map... and knew I's struggle to navigate with this strange orienteering map - so instead plotted all of the checkpoints onto an OS map. I was actually more nervous about navigating over the network of footpaths, bridleways and lanes of Surrey than I would be in a fell race. Plus, there were only 30 people entered (we were only a few miles out of London and the race cost just £10, clearly the fact you had to navigate put a lot of people off!) so following people was not really an option... I decided to ask a friend if she fancied joining me, she said yes, as long as I did the navigation. We registered in a school in Dorking, on another gloriously sunny day. The race started in a park, where there was another orienteering event happening later that day - for which the controls were already out. We weren't exactly sure of the direction we needed to go at the start, so decided that we would start with the strategy of following people, if only to make sure we didn't dib the wrong control!The first few miles were fast paced along flat bridleways, although we were following a line of people, I made sure to keep an eye on the map. The route wasn't too complicated, and there were a few obvious route choice options, where we always seemed to pick the slower route. We developed a pattern with another runner, who was clearly a better navigator, while we were stronger runners. We'd pass her on a long stretch, we'd reach choice of paths, pick one way, she'd pick another (faster) way and then end up in front of us again. It was a refreshing change running through constantly changing countryside, with views over to the South Downs from Leith Hill, through wooded sections, tiny foot paths. Every so often we'd pop out onto a road, and I'd know where I was (I spent 7 years living in London and cycling regularly around Surrey), then we'd turn off back onto a footpath again. Overall I was feeling very pleased with myself for getting us round the course, and nearing the end we hit a long, slight downhill woodland path next to a river, we were nattering away to each other, enjoying the easy running, before I suddenly realised we'd only meant to run a few hundred metres along it and then take a right. We doubled back and plodded

back up the hill to the stile we'd just cruised past, adding on an extra mile to our day. On reaching the finish, the girl we'd been back and forth with had finished several minutes earlier. "What happened to you?!" she asked. SLO also organise the Box Hill Fell Race (which Nicola Jackson did this year and smashed the course record. If you are down in the south east, I'd recommend giving these events a go, they were super friendly, club organised, low key events. Oke CroakMy dad's been a member of Okehampton Running Club since it formed. They organise four fell races on Dartmoor (see okeyraces.com). This year we were in Devon for the Oke Croak, one of my favourites, and one I've done several times before. My dad and Paul were also racing, and it was another beautiful sunny day. The 10 mile race starts in Okehampton Park, and follows the river up onto the moor. It's a beautiful technical trail run to start, before you hit the open moor. It's a straightforward run to Oke Tor, where the marshals direct you through a whole in therock. Then the fun begins... people pick all manner of routes off Oke Tor, before hitting the track towards East Mill Tor - you don't need to go over this tor, but it's quite a lump and tussocky running over it, whilst the road around it is far too long. Everyone picks a slightly different line over it, I'm still not sure which is the optimum route! Once round East Mill, it's almost a straight line to Yes Tor (if you can see it) picking up a track for a short section. The marshals at Yes Tor had jelly babies and water, I was feeling dreadful, it was a hot day and I stopped for a few minutes to enjoy the view! Paul was way ahead of me, and my dad was somewhere behind. I'd gone off too fast at the start and was paying for it now. I usually love the descent off Yes Tor, but for some reason fell to pieces, and I forgot the line to take, ending up on annoying rocky ground. I finally hit the road, and then it's a 2k road run past the armycamp before a lovely path down to the river and back to the park. Despite feeling dreadful, I finished first lady... of 7!

The fell racing scene is totally different in Devon - just 30 runners took part in this race. It would be great to see more runners participating, but equally it's fun being involved in such a small race.

Dartmoor 600s: Not a race, but a 'round' challenge has been established in the last couple of years taking in the 5 Dartmoor summits over 600m. You start the route at the Dartmoor Inn, Lydford, and visit all five peaks, in any order, using a route of your choice, and then return to the start! It's approximately a 19 mile route. The majority of people run anti clockwise, getting the bogtrotting, tussocky, navigationally tricky first half over before the second half, where the running is more on tracks, and over proper tors with granite tops! Paul, my dad and I decided to give the challenge a go with a couple of friends one weekend in October. The moor was covered in cloud as we approached the start. Although we were on my dad's home turf, he's not really a navigator (!), so I decided to test my navigation skills for the day. We pretty much ran on bearing for the first three hills - occasionally picking up trods, before they faded into the long grass. The first summit, Cut Hill was a bit of an anti-climax, and didn't look like much of a hill! I was quite pleased on keeping a direct route to Whitehorse Hill. The next up was Hangingstone Hill, about 600m away, directly north. On the map a footpath was clearly marked, but it was a bit of a dogleg. We decided to head straight for Hangingstone, following the bearing... Lesson learnt - there was a reason the footpath didn't go straight there, because between the two was a massive bog, with peaty islands. From Hangingstone Hill we followed tracks towards High Wilhays, zigzagging over the moor, not particularly direct, but a lot fast running than taking a direct route over the moor. Before long, we began the climb up to High Wilhays, and from there, a short run across to Yes Tor. The final stretch still provided us with a few climbs - there was a big valley we had to cross, before we could pick up an old railway track for a gentle downhill run back to the start. Although it would have been amazing to see some views from the remote parts of Dartmoor we visited, I ended up really enjoying the challenge of the navigation, and successfully got us round without any errors! To top it off, my dad's running club friends commented at our direct route on Strava, for which my dad ensured I got credited! If any Helm runners head down to Devon or Cornwall for their holidays, I can definitely recommend coinciding your trip with a local race!



UK Hill & Fell Relays—N.Wales



A fantastic weekend was had by 54 Helm runners across all team categories. 3 men's open, 2 ladies' open, men's and ladies' v40, men's v50 and mixed. Possibly the largest turn out from any club, ever!

Great food at a classy bunkhouse for 40 and it even stayed dry. You'll have to analyse the results for many great performances.

The ladies' v40 came second, with the men's open leading us home in 10th place. 3 contenders for runs of the day...Tom Addison in 2nd on leg 4? or Shane and Jim Mann's 4th on the nav leg? or Chairman Tim hanging in with President Billy in the v50s?









FRA Long Distance Award 2017: Jim Mann



Each Autumn a panel of "long-distance enthusiasts" examines details of outstanding long distance performances and chooses a suitable recipient for the award. This years award went to Jim Mann for breaking the 29 year old Scottish Munro 24 Hour record. Jim clearly did his homework on the route as well as putting the hard work in…..

From the Scottish Hill Runners website:

“The rules of this game are simply to climb as many Munros as possible, and return to your start point, within 24 hours.

In 1978, Charlie Ramsay completed a circuit of 23 or 24 Munros (note changing status of Sgor an Iubhair) around Glen Nevis in a time of 23 hours 58 minutes. This has become established as the eponymous Ramsay's Round.

On 25th/26th June 1988, Jon Broxap completed a route of 28 Munros around Glen Shiel and Affric, starting and finishing near the Cluanie Inn.

On 1st/2nd June 1991, Adrian Belton also completed a route of 28 Munros by extending Ramsay's Round in the Lochaber hills towards Ben Alder.

However, continuing revisions to Munro's Tables by the Scottish Mountaineering Club have since muddied the waters. The 1981 edition had promoted Sgor an Iubhair in the Mamores to full Munro status, but in 1997 the SMC had a change of heart and demoted the hill back to a Munro top. The 1997 edition also decided that Sgurr na Carnach (one of the Five Sisters of Kintail) was worthy of full Munro status. These 1997 revisions to Munro's Tables affected the 28-Munro rounds by Broxap and Belton, essentially now making Broxap's round 29 and reducing Belton's to 27.

On 21st June 2008, Stephen Pyke (Spyke) set out to break the Broxap record on a planned 31-Munro route, however bad weather forced the attempt to be abandoned after 21 Munros.

Jim Mann's round of 30 Munros in 22hrs 5mins — 7th/8th July 2017

On 7th/8th July 2017, Jim Mann set a new record of 30 Munros on a hitherto overlooked route starting/finishing at Invercauld Bridge near Braemar and taking in the White Mounth, both sides of Glen Shee and a substantial core of the Cairngorms. An inspired choice, covering significantly more ground (88.6 miles) but less ascent than the 'traditional' Western alternatives, and completed faster than any of them in an impressive 22 hours 5 minutes. A true runner's round!

ESAA CROSS COUNTRY CUP

Success for Helm juniors in ESAA Cross Country Cup_By Clara Samson

The Kirkbie Kendal junior girls cross country team have qualified for the prestigious ESAA Cross Country Cup. The team is full of good, experienced runners and this fills them with confidence. The team is Sarah Smith, Clara Samson, Elodie Malcolm, Emma Foster, Amber Woodcock and Tilly Nicholls - Sarah, Clara, Elodie and Emma all run for Helm Hill.

The first round was held at Birkrigg Common in which the team finished in first place! Sarah was the first of the team to finish in 2nd place. Clara (5th), Elodie (7th), Tilly (18th), Amber (30th) and Emma (45th) followed her in that order.

Nervous, the team travelled to Casterton School for the second round of the competition on a sunny yet cold day. Competition was fierce as around ten teams had ventured from all over the North West of England. The girls didn't have to wait long as they were the first race of the event. The course suited the team as it was exceedingly muddy and included a couple of steep hills. Sarah led the girls home again with an amazing run but was chased all the way by Clara, finishing closely together in 3rd and 4th. They were once again supported excellently by Elodie (9th), Tilly (21st) and Emma (25th). Against expectations, the girls won (again) narrowly by just 1 point, taking them through to the national final in Kent.

The entire team are excited but apprehensive about their upcoming challenge. They will be toeing the line with 162 girls representing 27 schools from all around England – most of which are public or grammar schools; Kirkbie Kendal being comprehensive. Mr Barker (head of PE) has set them the target of 6th place to beat, the best the school has ever attained.






UPDATE: The girls had a fantastic time gaining experience at this higher level and managed 16th school in the country.

ENGLAND & GB VESTS

Helm Hill Runners are super proud to see two of our young adults and one Senior runner representing England and Great Britain





Sharon Taylor, got the call up for England to run at the Snowdon International Race. Sharon had previously pulled on the vest at the same race 14 yrs earlier!





Imogen Burrow representing England at the Home International and (below) at the World Mountain Running Assoc junior Cup in Italy

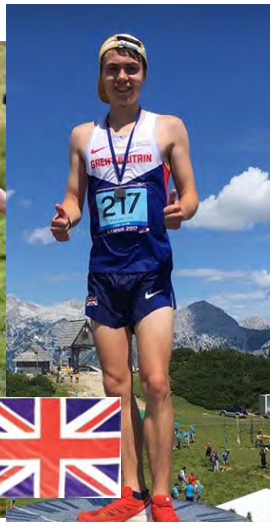
Chris Richards representing England at the Home International and (below centre) GB at the World Champs and (below left) at the European Champs











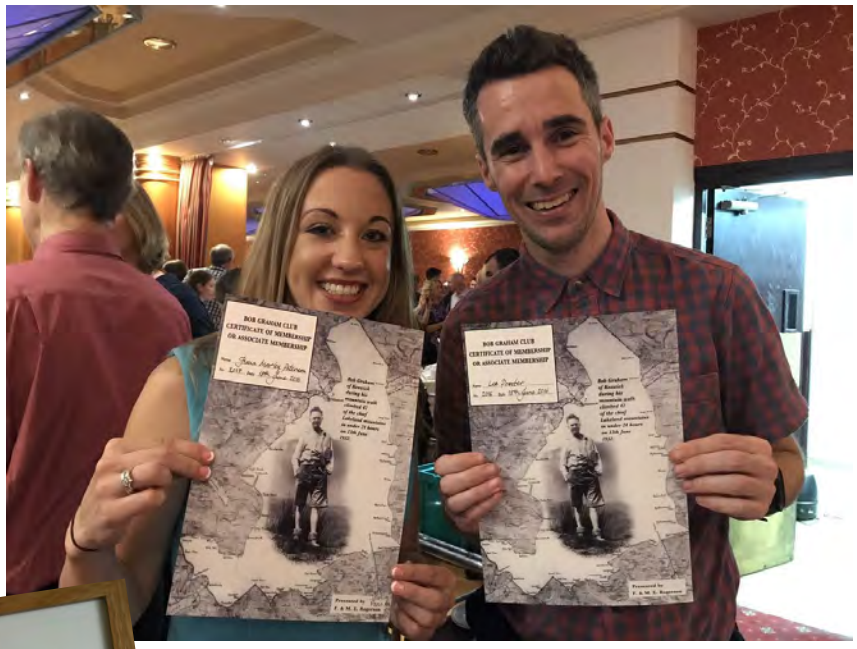
BOB GRAHAM ROUND

Carrie Gibson



When I arrived in the Lakes 4 years ago, totally new to fell running, I was given "Feet in the clouds" to read, and straight away the seed was planted that one day I'd try to complete the Bob Graham.
I guess lots of people worry if they will get round, and I had no idea if I would, but I had one main concern, how would I get the support?
Well it needn't have been a worry as the great folk of Helm Hill (and friends) practically organised themselves into the most amazing support team!
Just to make sure that they were actually the best team ever, I threw some little tests at them, like giving them minimal information, not having much of a plan, and the ultimate test, getting them out in really crap weather and at all hours of the night!
If Rick can manage it at this point I'd cue the A team music
If you have a problem, if no one else can help, and if you can find them....maybe you can hire The BG-Team."
Just to make it easy to find them and to say that it was the best day out, thanks go to: Emma, Peter, Lee,Lucy,Rick, Rachel, Karl, Steve, Craig#teamburrow, Zac
David, Martin,Mark, Catherine and Caroline
Paul, Joe, Pete, Amanda, Imogen
With guest appearances from Russ, Adam, , The Aitken Family, The Procter clan, some of Keswick AC's finest and the Helm cheering squad at the finish!





Fi Marley-Paterson and Lee Proctor seen here proudly picked up their Membership Certificates for the BG Club at the BG Annual Dinner



Ian Harrington also completed earlier in the summer gaining his Membership Certificate for the BG Club.

SWIMRUNSWIMRUNSWIMRUNSWIMRUNSWIMRUNSWMRUNFALLOVER

A well established Scandanavian sporting madness, SwimRun has taken off bigtime in the UK in the last few years. It involves….er...swimming, then running, then swimming, then running etc etc for anything up to 13hrs, in pairs. You run in your wetsuit and swim in your fellshoes. Helm Hillers Lee, Bruce, Garry, Rick, Jenny, Claire & Cat ventured in and out and in and out etc the water at various events over the summer. I say 'summer'.

Jumping in at the deep end as it were, first up, Jenny & Cat's World Champs Race. If you were gripped by the write-up of the Otillo SwimRun World Champs in the last newsletter, this edition may scare you witless!

Jenny Rice & Cat Slater: Otillo World Champs



Words by Cat Slater:

When an adventure such as this comes my way I find it very difficult to turn it down. However this was going to be perhaps the toughest adventure I have undertaken so far.

Unfortunately due to injury to Jenny Rice's usual race partner, fellow Helm Hill runner Claire , Jenny found herself looking for a partner to take part in the Otillo Swimrun world championships, something Jenny and Claire had worked hard for and achieved a place at.

"….I was seriously petrified, in no other circumstance would I EVER choose to get in this type of water"

Jenny's text came out of the blue 'Can you swim?' and before I could answer she had found some results from a triathlon I had done over 2 years ago!! Swiftly came details of this epic adventure across the Swedish Archipelago and it sounded utterly amazing. I was immediately interested, I had been intrigued by these events and had thought about taking part in one perhaps next year…this was something else. **75Km** including over 65Km of running and 10Km of swimming. Of course I am not totally crazy and had a few conditions before I went for it:

1. I could swim at least a mile and feel good after…not totally wrecked.
2. There were no jelly fish and
3. The water wasn't too cold

I was assured of these things and managed a mile swim in Windermere and felt pretty good after….perhaps this was possible. Treat the swimming as recovery from the running….I would basically just have to keep my arms moving and draft behind Jenny….I was in…well as I said to Jen, I was in as long as there was absolutely no one else!!

So 2 weeks before the world championships I was quickly introduced to the world of SwimRun, 4 crash courses in various waters of the lake district bungied to Jenny, looking the part as Claire very kindly lent me her wet suit and pull buoy, learning how to get the pull buoy from between my legs and back again during transitions from running and swimming with out getting tangled up, trying to deal with feeling drunk as I stumbled out of the water and start running desperately trying to not fall over.



We flew out to Sweden and I was full of anxiety. That week I had spent evenings writing down all 52 transitions trying to memorize the longer sections, Jenny had printed the whole route out on a map which I studied each evening….it all started to sink in how big this event was going to be, fortunately I have an amazing partner who for whatever reason I think believes I can do anything if I put my mind to it and most of the time I would tend to agree, I am too stubborn and proud but this for me had DNF written all over it and I desperately didn't want to let Claire and Jenny down.

We had a lovely relaxing day in Stockholm but the next day we woke up and it was off to board the Otillo boat that would take us to Sandhamn. I looked around and I suddenly felt totally ridiculous… what on earth was I doing here! Jenny introduced me to a few people and the standard first question, particularly as I was a new face was 'how long have you been involved in swim run for?'. 'New to it' sounded like a totally ridiculous answer and I could see peoples faces full of disbelief…particularly when I then went on to say I had never swam in the sea before and neither had I ever swam more than a mile!

Again, seriously what was I thinking!!

We arrived in to Sandhamn where we registered, got the keys to our hotel and then received a whole host of goodies. We took a wander along to the start of the route to the first transition and looked across

the first swim, the water looked relatively calm and I was somewhat reassured. Jenny took her swimming things but I decided to save myself. As Jenny got in the water and went for a swim….with no wet suit, the gasps from around me were hilarious…there was no one else going in for a swim and particularly with no wet suit!

The briefing was in depth and informative however there were key details that started to fill me with dread:

1. There were going to be lots of jellyfish…not dangerous but equally…jellyfish none the less!
2. The water temperature was somewhat chilly!
3. There were gales forecast and
4. There was as a result the high possibility of waves and currents!

I left the briefing to go and eat and I have simply never felt like that before an event, under prepared, out of depth, full of anticpation, anxious, sick…..and then I read this:

'ÖTILLÖ is ranked as one of the toughest endurance races in the world by CNN'

'The Kona of the swim run world'

Again…what had I been thinking and there was no going back now. Deep breath.

Jenny was amazing, she filled me with reassurance and confidence as I lay there trying to sleep with a howling gale going on outside the bedroom window.

We woke at 4am, I would love to say ready and raring to go but honestly, I was petrified. I managed to get a coffee and a yogurt down me then off we went to the start line. Thankfully, a lady Jenny knew lent me a rash vest so at least I had another layer to put on as it occurred to me, it may get a bit chilly out there. This top saved me! There were a lot of anxious looking faces around, the conditions were less than ideal and I think everyone was starting to feel a little on edge.

The race started at 6am and I was grateful to have a bit of a run to start with to help get rid of some of the pre race nerves before the first swim. The first swim was one of the first long ones, 1750m, thankfully that would be over early on. It was a relatively easy ish swim and I started to settle in to the race. The first few transitions are a bit of a blur now, I felt I quickly got in to the swing of things and I was thankful that the drunk feeling started to disappear the more I was in and out of the water. However, I suddenly started to get cold, my teeth chattering and I started to feel a bit scared. I had to get back in the water and keep moving but the thought of getting back in made my stomach turn…every time I got in it felt like I was being hit by a brick wall, the icy water really took my breath away and it did make me panic a little. The water temperature really hadn't crossed my mind as being an issue. However, there was no choice I had to get moving and weirdly, the next swim actually felt a little warmer.

The race continued on, we made sure we kept eating as much as we could at every aid station but trying to get any food in has never been so difficult. It took me a flipping long time to force a sandwich down! Its really hard during endurance events sometimes, you know you must eat but you really don't want to and so swallowing anything becomes effortful but those first few aid stations where we really made the effort to eat as much as we could really helped us. During ultra runs I tend to eat little and often so this was again a challenge for me, just eating at the aid stations. Thankfully the aid stations were actually amazing, full of homemade energy snacks, bananas, soup…they had managed to cover all bases so there was always something I thought I could tackle.

As the race continued on we came across a lot of hyperthermic people that got pulled from the race and I think the one reason this didn't happen to us was the effort to keep on top of our fuel and fluid levels and we made a great effort to kept moving, we really didn't hang around too much. We made a really good team, and in this event I learnt that this is so important. Keeping an eye out on each other, making sure we were both ok and doing quick body checks all the time….was there anything troubling us that needed sorting.



Next up the Pig swim….called so as it is an unprotected, tough, mile swim. We clambered down to start the swim….I looked across and all I could see were these huge waves, engulfing the swimmers already in the water. The next island seemed a long way off. I was scared…..like really scared and I think Jenny realized this and if I had said so, that could have been the end of our swim run adventure. However, I was with an experienced, strong swimmer, there were boats dotted around in case you needed pulling from the water…I needed to get myself together, think strong and go for it. There were tears I am not embarrassed to admit, sometimes I cant control this but I was seriously petrified, in no other circumstance would I EVER choose to get in this type of water. I swam as strongly as I could but half

way across cramp started to set in….oh god…what do you do when you get cramp in wild water! Jenny must of sensed something was up and came and grabbed me whilst I flung around with my calf, thankfully it seemed to settle quickly but I had to be careful when kicking with that leg. We made it across and I have never been so happy to be back on land.

The pig swim was the turning point for this event for me. It was tough but we were through it. Pride and stubbornness kicked in and it was evident we would be finishing this event unless something major happened. There were a lot of transitions but we kept moving through each section ticking them off as we did so, and along the way came across more and more people injured having slipped on the rocks and hyperthermic waiting for boats to come and get them. Unfortunately because of the sea conditions the boats were having a real tough time getting to people. They did an amazing job, I think the boat teams must have had a really tough day out there too!

As we entered swampy water, boggy trails and slippy rocks…it made running very difficult. Thankfully wet rock is something I feel relatively confident over so I got a little frustrated at some bottlenecks when I finally felt I could make up some ground. We would then get to another body of water to cross and it would be wild, again….Jenny would declare that last year it was calm and a recovery swim! It was very apparent this was a very different event from the previous year!

…..The comedy phrase of the day became: 'It wasn't like this last year!' (Jenny)

Later in the race Jenny 'bonked' mid a 970m swim…less than ideal and after the event she said she had considered asking me to lead the swim….then we would have had real fun with me spotting! She somehow managed to get us across though and swiftly got a gel in to get the sugar levels back up again.

The rest of the event was simply a battle against nature. The half marathon island should for me have been my strong point but because I had been working so hard in the water I didn't feel quite as good as I hoped for and found I was having massive highs and feeling strong then massive lows again, there was clearly a fuel issue going on and I started giving myself a bit of a hard time. Jenny had got us through all the swims, the least I could do was get us through the runs.

There were always still smiles!

The last few transitions totally broke me. We were in and out the water constantly so never really getting chance to warm up, I have never not wanted to do something, i.e. get in the water, so much in all my life. Not only because it was cold but there were really strong currents going through them. We stood looking at the water each time, planning the route across. I kept seeing couples that had been pushed out by the current and were fighting their way back to land. I wasn't sure I had the strength left in me to be able to fight those currents if we ended up in that situation. Thankfully, Jenny was again amazing, I was to swim as hard as I could and she got us across. I panicked on one of them as we got 3/4 across and then felt like we weren't moving anywhere, the current was really strong and I could feel myself tiring. Not only that there were waves going in the opposite direction too, I just felt hopeless but Jen reassured me again and we made it.

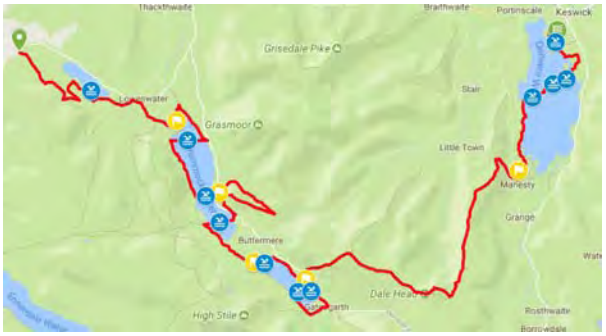
Running in to the finish of this race was simply the happiest, proudest moment I have ever had at the end of an event. I was shocked and in disbelief that we had made it, elated to cross the line, excited for a beer and absolutely exhausted. Never have I felt like I had battled with the elements for so long but I guess that is the nature of swim run. As the one of the directors of the event gave me a hug (everyone that crosses the line gets one and it is very much needed after a day like that!!) Jenny revealed to him that this had been my first ever swim run event and that I had never swam in the sea or swam more than a mile before. He just looked at me, he probably thought I was totally mental, but he smiled and congratulated me.

I have to thank Jenny for inviting me along, although I think I was traumatized from the swimming, that is starting to fade and I feel so grateful for being invited to be apart of it. It has been the biggest achievement ever for me as I had to face so many fears and I simply couldn't have done it with out the support from Jenny. What an absolute legend, she spotted and took the brunt of all the swims, provided reassurance and installed confidence in me when I was struggling, it really was an epic adventure. I am constantly amazed at the power of our minds and what we can achieve with a bit of grit and determination.



Out of the 143 teams that started the race, only 120 finished and we came in 95th and the 15th female team!

Breca Buttermere SwimRun: Jenny Rice & Claire Wilson, Lee P & Bruce Duncan, Rick S & Garry B



Closer to home, 6 Helm Hill Runners paired up for the Breca Buttermere SwimRun. Fortunately both race distances (Short =total of 15km run /3km swim and Long =total of 38km run / 6km swim) involved gnarly Lakes bridleways and better still, fellrunning— with the long course taking in Robinson, Dale Head and Maiden Moor .

200 wetsuited pairs lined up in a combined start located in a field, high above and to the west of Loweswater. A 3km run led to the first descent—a typical gnarley Lake District descent; steeply down through woods on slippy moss and mud with greasy rocks and tree roots. Suddenly we all found ourselves near the front end of the field!

The first 800m swim was somewhat 'choppy'. In the second, across Crummock Water , we got the full washine-machine treatment with side-on, white-capped waves and driving rain. The great thing about SwimRun races is just when you have had enough of the swim, it's time for a run!

The first steep descent off the fell saw the fellrunners charging down the scree/gorse while everyone pussy-footed down some horridly slippy stone steps. Things were looking good for long descents off Dale Head and Maiden Moor on the long course.


Pic:Ian Clarke

Lee & Bruce's Sprint course finished at Buttermere where they finished a brilliant **5th place** with Lee relieved he'd not drowned in Crummock Water.


Pic:Lee P

Jenny & Claire and Garry & Rick headed off up Robinson on the Long course in the sunshine….wearing wetsuits. Running across to Dale Head in a wetsuit with a swimming cap and goggles on must be one of the more surreal moments out on the high fells to remember. Lots of proper fell running later Garry & Rick emerged at the start of the final two swims across Derwent Water in 10th place, with Jenny & Claire close behind in 18th. The other great thing about SwimRun races is just when you have had enough sweaty running, it's time for a swim!



Cue comedy moment of the day: 900m of swimming later Garry had the worst leg cramp ever and couldn't get out the water for the 150m 'run' across an island while Rick & a marshal tried not to laugh. The 150m included clambering over a fallen tree (with cramp) then a 1km swim across choppy water with more cramp mid-way, then a final 300m stagger into the finish for **12th place**. Jenny & Claire followed soon later in **19th overall** and **2nd womens pair.**





Breca Coniston: Rick & Jenny paired up at a more chilly Coniston race and came 5th overall and 2nd mixed pair.

RACE REPORT: UTMB—Paul Turner

Doing one Ultra Trail du Mont Blanc may be foolish, to do a second one may be just a bit daft.

But there I was with the qualifying points and wondering how I could do if I properly focused on the race. In 2014 I had run the UTMB 5 weeks after the Lakeland 100 and so who knows what that had taken out of me.

I decided to make it the real running focus for the year and thought that rather than make up my own training that I'd get a coach, who hopefully knew what they were on about. So after a little bit of thought I handed over my running for the year to Missing Link Fitness aka Paul Tierney from Ambleside AC….

So, along with work, this is probably one of the main reasons I haven't been at the club sessions as I stuck with Paul's plans this year.

The biggest thing I noticed wasn't the amount of miles, but the variation. The tough efforts were really tough, whilst the easy/recovery runs were to be properly easy, only running at a pace that which you can breathe through your nose – try it – it's not easy.

Paul also had me doing a lot of hiking with poles. The UTMB is about 40% hiking up hill, so rather than just keep running miles, it made a lot of sense to hike with poles. I really enjoyed the hike sessions.

Everything was going pretty well until 10Peaks The Lakes at the end of June – my right knee stated to hurt coming off Scafell, but I toughed it out and then suffered. My knee was like a balloon.

Fortunately I had an appointment with the Graham at the Body Rehab in Staveley. Graham gave me a lot of confidence I could recover and set about working with Paul to manage my rehab. This team work was even more evident when I also had some rehab sessions with Helm's own John Bagge (Sport Therapy). Paul, Graham and John all conferred on my treatment – I felt like a professional athlete and they gave me so much confidence that it would work out.

Working with them all I kept moving, the knee recovered and I was able to run the Lakeland 50 at the end of July without problem – a huge relief.

So there at the beginning of September I was back on the start line in Chamonix, ready for take 2….

….UTMB 2017 done in 35:39:49

I look back, and whilst a bit slower than my 2014 time, I'd run a better race. I'd done all I reasonably could, I'd had a great team to get me onto the start line and my brother had come along to support me. I would have liked to have gotten around faster than my 2014, but I also realise that the race conditions are so different that it is difficult to compare and who knows what might happen next time.

A fabulous adventure and I can't thank everyone enough who helped me get there and whose support I wanted to repay by getting around.

Hopefully now I can get back to suffering a few Helm Hill reps!

Meanwhile, not a million miles away Carrie Gibson and Andrew Horrobin were toiling away on the 63 mile Courmayeur Champex Chamonix (CCC) race. Pic below courtesy of Jack Simpson .



IN THE NEWS





Finley Grisedale at the Lakes Trails 10km—not every day you get a big up from one of the USA elite runners , Avery Collins !



KENDAL MOUNTAIN FESTIVAL INOV-8 FELLRUNNING NIGHT

The INOV-8 Fellrunning night had a big billing what with our own Adam Perry's account of what drives him to run non-stop for 24hrs over lots of mountains, inaugural Dragon's Back winner and general endurance-running goddess Helene Whittaker (nee Diamontides) and fell-uberlegend Billy Bland. However what everyone was talking about afterwards were the stars of the show, Helm Hill juniors **Henry Hunter** and **Ella Park** who, resplendent in their club vests, interviewed Billy Bland on stage in front of a packed audience. Asking their own questions they got more out of Billy than most interviewers have put together!





Year round, week in week out without fail, around 7am various hardy swimmers join Helm's **Jenny Rice** & Paul Scully for a swim out to Buoy 13 and back. Such is the inspiration that Outdoor Swimming magazine photographed Jenny on a morning swim for the cover picture. Brrrr.



Ex-Helm Hill junior star **James Knox** steps up to cycling world's elite WorldTour level in 2018 when he joins Quick -Step Floors after spending the past two seasons at Continental level with Team Wiggins. We wish him ever success in the future.

Pic:VeloVitale

HELM PROFILES—BIANCA DYER



Coming from a triathlon background, Bianca has become a frequent fellracer over the past couple of years, helping the Helm women win team medals this year.

1. **When did you join Helm Hill and why did you join?** I joined HH in 2016 after completing my first KWL. My darling husband said I should go instead of him to sort my running out. It was meant to be a temporary arrangement but he's not been seen since.

2. **What do you consider to be your greatest running achievements so far? (Big and/or small!)**

My triathlon run training used to consist of plodding along the canal path but one gloriously sunny morning I turned round and ran up to the Helm without stopping. I took in the views (and caught my breath) and realised just how much fun (!) running uphill can be.

3. **What have been your favourite races and why?**

My favourite races were the Hodgson Brothers Mountain Relay and the British relay champs. I loved being part of a fantastic team and running together with Ali desperately trying to keep up with her on the downhill.

4. **What is a typical training week for you?**

My typical training week starts off with rushing to the speed session with HH (I love the small picnic table). After that I feel strangely energetic and it's time for a swim session with the Tri Club and then I really am ready for bed. Over the winter I go to a spin session with the Tri Club and then more running on Wednesdays. Depending on time I try to get long run or bike ride in on one of the other days.

5. **What are your future running goals/ambitions?**

I thoroughly enjoyed taking part in the English and British championship races. I loved going off to the races together with the HH gang and cheer and support each other....you just can't beat the team spirit! In short, I'm looking forward to another season of races with the team. Oh and I'd love to do a swim run!

6. **Name a person/people in the club that you admire and give reasons.**

The person or people I admire the most in the club? It's got to be every single one of our fabulous juniors! They're out on the fells every week without fail come rain or shine full of enthusiasm! You should have seen me at their age! I used to play handball for my school and local team...going for a run as a warm up just because we have a lovely forest on our doorstep and the sun is shining? Meh!

7. **Any top running tips that you would give to a younger runner in the club?**

Forget about where you come in a race, enjoy being out and about on the fells with your friends training, racing and having lots of fun!

8. **Any racing advice you would give?**

first races were all flagged KWL races so I was a bit worried when I set off on my first race without flags only armed with a map and a compass and the warning words ringing in my ears that following others is not always a good option. Well, so far I've managed to find my way home so my advice is: don't worry!

9. **How would you describe Helm Hill in a few words?**

What can I say? The best club in the world!

10. **Anything else you would like to add?** I'm looking forward to Christmas...new fell shoes are at the top of my list.

HELM PROFILES—MIKE AINSWORTH

Recently crowned 'Helm Hill 2017 Runner of the Year' Mike has had a great season, even winning the Birkrigg KWL no less!



1. When did you join Helm Hill and why did you join?

2014 after reading the newsletter as it seemed a club that trained together, raced hard and knew how to have a laugh. How wrong can you be.

2. What do you consider to be your greatest running achievements so far? (Big and/ or small!)

Being part of the double medal winning men's team this year alongside good friends....and winning my first race at KWL Birkrigg, did I mention that yet?

3. What have been your favourite races and why?

.Jura; I've only run the route not the race but it's something special. Dunnerdale, Kentmere and Fairfield as classic horseshoes that are great for training. Oh and the navigational nightmare of Castle Carr that will forever hold a strange place in my heart as everyone in front of me seemed to get lost!

4. What is a typical training week for you?

.Anywhere between 4-6 hours of running including a Wednesday night session and perhaps some biking and core work.

5. What are your future running goals/ambitions?

To be part of a Hodgson relay and gold medal winning men's open team.

6. Name a person/people in the club that you admire and give reasons.

The committee and particularly Tim, Ali and Keiran for their great leadership and organisation of a rapidly growing club. Billy for being Billy. Pete Marston for always putting a shift in in training. Too many others to name them all.

7. Any top running tips that you would give to a younger runner in the club?

.Do what you enjoy....you will always get faster if you keep at it, ignore bad races and celebrate the good ones. ....and one for us all; Safety pin your bumbag to your shorts to stop it moving around (copyright of Lee Proctor)!

8. Any racing advice you would give?

Recce if you can and be confident to take a chance on a different line.

9. How would you describe Helm Hill in a few words?

On the up



Mike even featured in a Kendal Mountain Festival 10km Film

ZERO TO HERO —May Song-Crawford



Great Westmorland Trail Race

As I write this, race number 44 has just been completed. I have been running for almost a year and, what can I say? I'm completely addicted to fell racing.

My first ever race was Ravenstonedale 10k. I had decided to start running in order to encourage my daughter to run. I am amazed at how far I have come in such a short space of time. My husband, Robert and I run our busy painting and decorating business, Different Strokes. We also have two young children so we are kept very busy. I have found that since I started running that my once stress filled life has become a little calmer and more focused.

As I look back at some of the races I have done I can't quite comprehend the distances I have covered. On the 1st January I ran the Nine Standards fell race. This was over a distance of 8 miles in the snow and ice on a freezing cold day and, what can I say? I loved it!

As the year progressed I completed all of the Winter League races and had started training with the club on a Wednesday night. I met two other crazy ladies, Wendy and Lizzie, and we became firm friends and became known as the Crazy Frogs! We encouraged and supported each other in taking on new challenges.



May's share of the team prize (3rd Helm Hill womens team counter) at Really Wild Boar

One such challenge was the Kirkby Stephen Yomp, which is held at the start of June. It covers a distance of 24 miles in the fells behind Kirkby Stephen. My friend Lizzie had said she was doing it so on the morning of the event, I decided I would give it a go. The furthest I had run at this point was just 8 miles. How hard could it be? I completed in a time of 6 hours 30 minutes.

I have continued to race. It makes me happy and I get to spend time with my friends. I don't see it as doing anything special; I just do it for fun and because I am a Crazy Frog.

YOU'RE NEVER TOO OLD FOR AN ENGLAND VEST—Brian Thompson

Back On The Road Again



Why was I doing this? I used to be a road runner and thought the Marathon distance as a good test of standard. But I had decided a few years back that there was little left to attract me to the plod, plod, plod of road marathon training when the fells beckoned (and were sometimes even visible, too).

Then the fateful notice on the England Athletics website offering the chance to represent England in an age-group marathon. All you had to do was come in the first 5 in your age-group in the qualifying marathon.

Entered.

And so began the regime of steady road runs, on the flat and at a metronomic pace, building over the weeks to the 20 milers at something approaching race pace. Or so the theory goes! But then, of course, the gods (actually, in my case, the dogs) play their little game and trip you up. Bad knee…three weeks off running. Start to build up again and get to the 20 milers. This is when I really began to question the whole project. I could run OK for 15 miles but then arthritis made the last 5 miles so painful that it became a mockingly slow and limping process with little resemblance to the fluid and economical movement aspired to. How would I do the last 11 miles in the real marathon?

Race Day

Eventually this came around and I found myself on the starting line at Chester wearing an England vest. Yes, I had acquired the same BMI as Mo Farrah but I was otherwise unconvinced, feeling out of my depth and inadequately prepared. However, my doctor had come up with some good painkillers and I planned to pop these at 15 miles and hope for the best!

There's not much to say about the plod, plod, plod - though some of it was through nice countryside, well marshalled, and the crowd support was uplifting. I was able to run reasonably efficiently to the end and could accept a time of 3-29 as "not bad, considering". The quality of competition that day means I did not qualify for next year. (A handful of V60 runners can still get under 3 hours!). To get in for 2018 would mean entering a qualifying marathon in spring, with all the prior road training involved, and then keep all this going until the autumn race. Not for me.

However, I can't help musing about 2019 when I will be in the V65 category…

Youth Yoga 11-16 year olds @ The Brewery Arts Centre



Georgia Berresford

My friend and I have started yoga sessions at The Brewery on a Monday evening 5:30-6:30pm. Yoga sounds relaxing, but it is really hard work! There are lots of tricky balances and stretches but they are good for improving your running by developing muscle flexibility and preventing injury. A normal session starts with general back and body stretches and then we learn different balances. The end is where you get to lie on the floor and deep breath!





More details can be found by e: mailing Emma Thomas, Dance Development Officer, emma.thomas@breweryarts.co.uk

John Bagge

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Supported athletes 2017, Tom Addisson and Hannah Russell (2017 U23 English Fell Running champion)

"So after Kentmere the downhill had my legs in agony, then Wednesday night my left knee has been killing.! Booked in with John Bagge to see if he can help; he identified my problem was the muscle on my outer hip… so not my knee… I am pain free.! Feeling like I could run for miles, highly recommend John for sports therapy". Jonny Grisedale

"My back is much better after seeing you….really impressed with your work and will definitely recommend you". Jayne Rigby

"John's sports therapy sessions have really helped me to stay injury free this season". Hannah Russel U23 English Fell Running Champion 2017

Contact me for an appointment

Tel: 07939075964 @SportsTherapyJB

www.johnbaggesportstherapy.co.uk

Size Matters—Kate Simpson



Most of us enter fell races for the mud, the getting lost, the being wet and cold, the chance of losing a shoe in a bog and, if you are lucky, ending up in the wrong valley and having to work out how to get home again (in one shoe). Very few of us pay any attention to the prizes.

Even though most of us won't win a prize, they do matter to all of us. Prizes tell us what and who is valued, they reward achievement and rank that achievement. That's why first place gets a bigger prize than third; both are achievements but one is a bigger achievement than the other. So when the prizes for men and women are different, when men's prizes are bigger than women's (be they measured in swords, trophies or money),– that ranks those achievements and says some achievements are worth more than others.

Many sports have historically had unequal prizes for men and women; most have got over this[1]. The Olympics, the Commonwealth Games, the Athletics World Champs, the London Marathon – even finally Wimbledon (the last grand slam to bring in prize parity) – all have equal recognition, be it money or medals, for men and women. In fellrunning parity is becoming more common, for example BOFRA in 2016 announced parity across 'most'[2] of its races (though it doesn't mandate it) and many of the newer events such as the Skyline series[3] and The Lakes Sky Ultra[4] have parity. However, many of the older events still offer unequal prize recognition. For example the 50 year old OMM (elite category £300 for first overall £200 for women[5]), Gummers How – (which is my favorite race ever) hotel mini break for the men, 3 jars of chutney for the women, Carnethy (5 foot sword for the men and a prize for the women so small I can't quite work it out in the picture). It is these 'traditional' events where parity is still to be debated, demanded or quietly resolved.

If it was all simple, then I have faith we would have solved it by now. I know the arguments in support of 'the ways things are', so to save you having to wait six months for the next newsletter and the counter arguments here goes:

Argument 1: Women's fields are smaller and less competitive
Less competitive??? There may be less women in a race but as anyone who has been in a race knows the fight is fierce and the reason we race is to catch the person just in front and not be caught by the one behind. The women's fields are often smaller – and we do need to ask why. If Helm is representative of fell clubs, then on a training night there will probably be more women than men- yet line up at a race and the men will out number the women 2:1 at least – so where do we all go? There are probably many things that contribute to this (and the number of junior girls racing speaks of change happening) – but the lack of prize parity certainly won't help because prizes are symbolic of what and who belongs.

So, yes women's field are often smaller, but they are rarely less competitive and if we want more women to race then prize parity would be putting our money (and chutney) where our mouths are.

Argument 2: The main prize is an open prize – so women can win it (they just need to run a bit faster)
This is the main argument I have encountered when debating this with flustered race directors. In theory this is true; but sport is not a theoretical exercise. Whilst some women in some sports do meet and exceed men's performance– (including in free diving, and ultra-running beyond the 200km mark) these are not the conditions found in your average fell race (though the free diving might be useful for retrieving that shoe lost in a bog). Take the OMM – if we look back at the elite, A & B classes over the last 5 years and take the top 3 places, women have been in the top 3 only twice whilst in the same period men have taken 43 'podium' places[6] . In theory all those 43 prizes could have been won by women – but in practice?

However, what really debunks this argument is that we are still asked to enter races as men, women (or mixed teams) and the results are categorized in this way. There is no 'open' category to enter and race in.

Argument 3: There is only a limited amount of money for prizes (even chutney costs something)
This barely seems an argument (and yes it has been made). As every kid knows having a limited amount of something doesn't excuse distributing it unequally – we can all have less chutney, we just need to have the same amount of chutney as everyone else.

Argument 4: It's not fair on the men, as women can win both the open and the ladies prizes
For this argument I have solutions:

One prize per winner: Many races do already do this. So, you can't win more than one prize even if you win more than one category- say by being both first vet 60 and also first vet 50 and also first vet 40 (sorry Billy only one prize!)

Run a bit faster: If men are worried that they might be beaten by a woman who then picks up both the women's and the (mythical) open / male prize – well they just need to run a bit faster and make sure she doesn't win both categories (see previous argument)

But beyond the 'logic' of the arguments, prizes are above all else symbolic – and as long as the symbolism is that women's achievements matter that little bit less, then their achievements *will* matter a little bit less. If we want more women out racing and trying to stop the Helm women getting another gold medal, then we need to recognize, value and celebrate women racing in the same way that we do men's.

So what on earth do we do about this and where do we start? Well how about with a sword – a really big one:



Helm Hill is a club with many achievements. We have cleaned up at the FRA awards, we have a plague of juniors that are out training, winning and above all running week after week, we have the winter league that brings joy and hypothermia to the masses, we have a mass of men and women racing, and we have the Carnethy Claymore. For some unknown reason this massive sword is awarded to the winning men's team at Carnethy each year, and last year Helm men won it. Last year the Helm women also won- only it seems someone forgot the sword – so how about when we return the prizes this year ahead of the race we return not one huge bonkers sword but two? One for the women and one for the men; and then we go out, run hard and win them both back.

1. According to a recent BBC study 83% of sports now offer equal prize money http://www.bbc.com/sport/40299469 the study was based on responses from 55 sport governing bodies
2. See chairman's (sic) Report 26/02/17 http://www.bofra.org.uk/assets//minutes/2017_agm_minutes.php
3. http://www.skylinescotland.com/glen-coe-skyline/information/#displayPrizeCategories
4. https://www.lakedistrictskytrails.com/details/classes-and-prizes
5. https://www.theomm.com/the-omm/
6. I built a spread sheet for this one! Is based on the results available on the OMM website which only go back to 2013. In 2015 a Mixed pair took the top spot in the A class, and a female pair came third also in the A

FRA CHAMPS2018

FRA Senior Championships 2018

Full details in FRA Handbook and www.fellrunner.org.uk.

Distance	Race	Date
Long	Edale skyline	11th March
Short	Clough Head	6th May
Long	Buttermere Horseshoe	23rd June
Medium	Kate Burge Sea-To-Summit Fell Reace (IOM)	14th July
long	Turner Landscape	Aug 11th
Medium	Cautley Horseshoe	15th Sept

Distance	Race	Date
Medium	Mourn Highline. NI	14th April
Short	Tal y Mignedd. Wales	9th June
Long	Buttermere Horseshoe	23rd June
Medium	Ben Nevis	1st Sept

FRA Junior Championships 2018

These are competitive (as a national championship series) only for the U13, U15, U17, U19 age categories. An athlete's best 4 performances from any of the 6 races will determine their championship score.

U21 FRA Open Championships

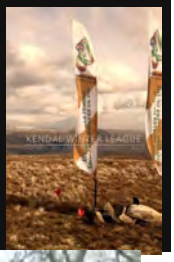
No details from FRA yet. Check www.fellrunner.org.uk

Date	Race
March 25th	Todd Cragg (Ambleside AC)
April 14th	Blacko, Lancs (Trawden AC)
May 19th	Malham (KCAC)
May 26th	West Nab (Holmfirth AC), also York-shire Junior Champs
June 16th	Clougha Pike (Bowland Fell Runners)
June 30th	Up the Nab (near Glossop), and Junior Inter Counties competition (Buxton AC)

BOFRA CHAMPS 2018

The 2018 races will be on the bofra website usually in April

2018 KWL



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The best in Sunday lunchtime fun!!

Starts Sunday 7th Jan at Scout Scar

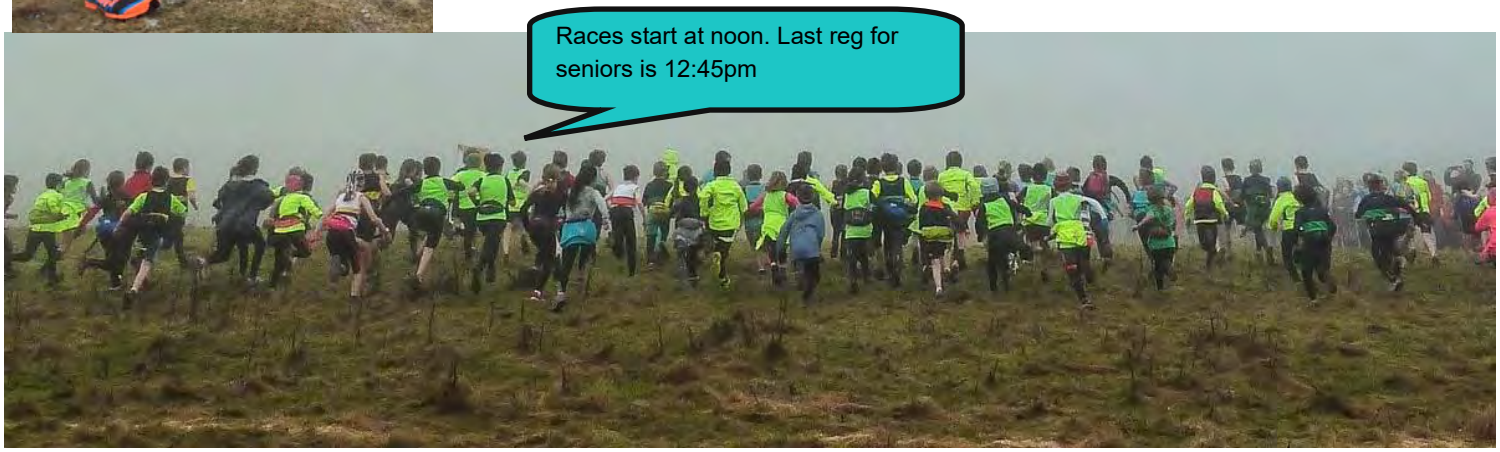


Get sweaty, wet and muddy with smiles on your face (probably some tears as well) through the winter months.

The KWL are all short races but range from fast but tough xc, fast but muddy xc, to steep brutal fells .

A perfect way to start racing or get in tip top race condition for the coming fell season.





WORDS

Race day.—by Bill Coupe

Awake to the day then gripped by intent
The excuses emerge in the the start line banter
Warm up the engine to dampen the fear
Check your laces, familiar faces, new chases

The rules whispered, off we shuffle
Striding out now, adrenaline fuelled
Settling the pace of legs and lungs
Chatter, natter no longer matter

The first climb, Elbows out, diggin' in
A false memory of steep, the truth hurts
Pain muted by pride, nowhere to hide
Recalling the line, the aim of the game

At the highest point when no refrain
from wind or rain, a calm, a stillness
lifts your soul, homeward bound
whether horseshoe, up & down or round.

The final descent, arms as wings
The tipping point a risky balance
No reserves needed later, run for it
Chase as you are chased

A finish line crossed to elation
Relief, belief in yourself
The race ended but the analysis started
Stories banked and marshalls thanked.

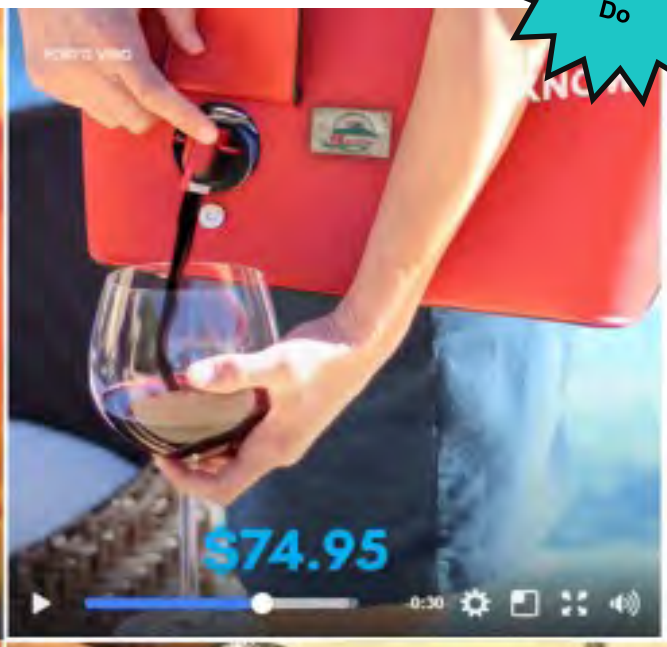


HHR Innovations

Perfect for next yars FRA Do

HHR DELUXE BUMBAG: £122.50 Cat No. HHR005108





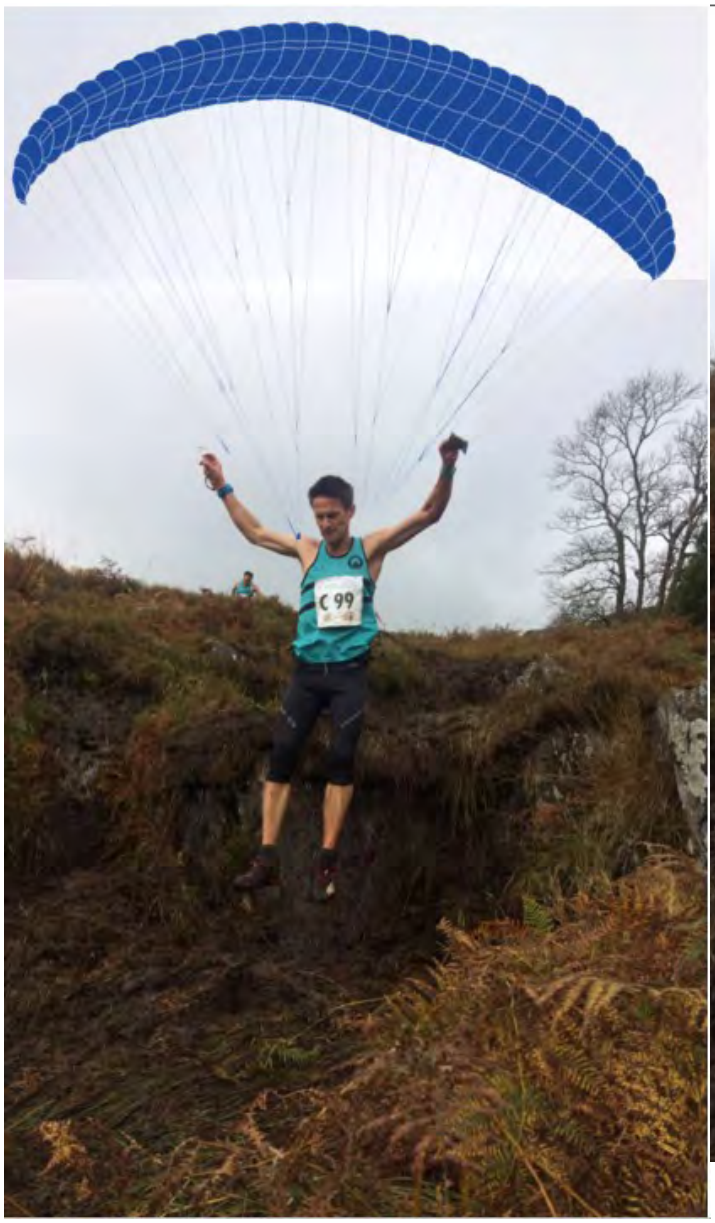








THE HELM HILL WAY: ✓





THE OTHER WAY: X







I DIDN'T KNOW THAT!

Has a stone from all 214 Wainwright summits, each one labelled!



Lee Proctor

Billy Proctor

Rick Stuart

Sam Gibbs



Competition

Simply draw a line between the Helm Hill Runner to the fact about them. We've made up a few to confuse things!



Arrested and strip searched at Johannesburg airport



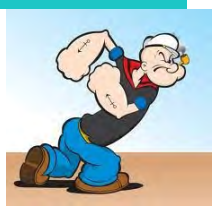
Got mistaken for a food critic and given lobster and expensive wine on the house!

Once entered a giant worm found at the back of the changing tent at Rusland show and won the 2nd place prize in the pet show competition!

WHO GUESSED THAT?

Sharon Taylor

Has two hidden tattos





Jon Cooper Is a qualified hang-glider pilot

ANSWERS

How many correct answers did you get to the amazing true facts about some Helm Hill Runners?

Shane Ohly Was a professional climber



Mick Hoffe

Cycled from Eskdale to the Himalayas in a pair of boots with a hole in and lost big toe to frost-bite.



Tessa Hagendorm



Is a ballroom dancer as well as a fellrunner

Georgia Stevens



Detests fruit and veg



Patrick Willink

Father in law played in a band on Top of The Pops in the 1970's and earned a gold disc!

CAPTION COMPETITION





CLUB KIT

Last minute xmas shopping panic?





Club vests, HH buffs, crop tops —available from Pete Bland Sports

HH cycling / running gilets—We have custom made HH cycling gilets. Although designed for cycling these gilets are equally useful for running, keeping your core warm. They are quality garments, shaped for a snug fit . There are a number of spares in adult sizes. Cost £45. See Ali or Rick





Gardening/wetweather gloves (?): Hayes Gdn World

COMPETITION CORNER

Summer caption comp winner: Carrie Gibson…. [53 runners will be laughing—see I've Reccied It, Follow Me!]



Fashion CRIMES



Leigh shows off his Best in Show trophy for Half-A-Hot-Pant and yellow socks combo. ?!

NEWS from HH RACING SICKBAY / SC-FI COSTUME DEPT







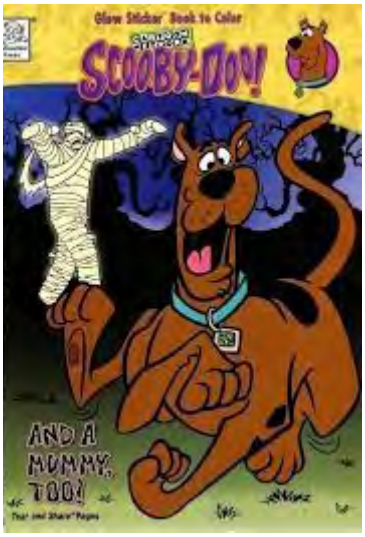


Rob Jebb got to try on some of the Dr Who costume for The Orange Square-Headed Cyborgs after a bit of a tumble at The Three Peaks Cyclocross. Got back early to the pub tho..

Meanwhile Kieran got to try a prototype pilot costume from the budget remake of Thunderbirds made out of a couple of vacuum cleaner hoses, a cricket box (unused we hope) and a part of a broken hairdryer. No wonder he broke his leg, wandering around in that garb.

Poor Leigh bashed his head at Turner Landscape. On the plus side, could come in handy for the Xmas Fancy Dress Run: Scooby Do And a Mummy Too.





So Doc, your telling me Karl simply has manflu and he should be ok to race in 2018.

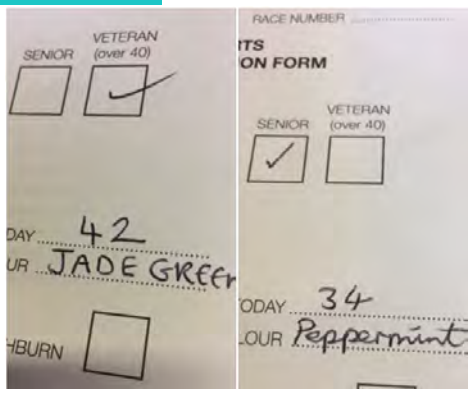


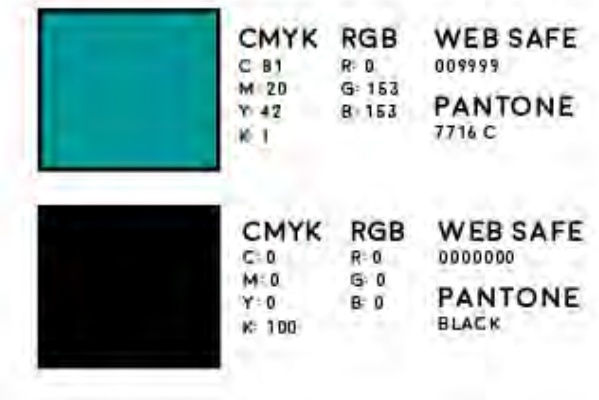
….**affirmative….. another victim of …..Project X**



NERD's CORNER

Confusion reigned at Grasmere Sports when runners were asked their vest colour! A simple question you might think. Certainly points should be awarded for creativity but 'Aqua' ?!!!





Next year we'll all get it right. Helm Hill's official vest colour is: **Pantone 7716C. Or RGB 0, 153, 153. (hey that rhymes!) So lets get it right now: #Pantone7716Cmachine**

I'VE RECCE'D IT—FOLLOW ME!

Our yearly points competition for less-than-perfect efforts.

2017 Highlights (lowlights for some) and Exciting Grand Finale:

Liz Adams started this years competition in a strong position with this corker at Kirkby Moor race:
"I got utterly and completely lost (Leigh has drawn a map of the route he claims I took - thinks he's being funny!) Not only did I go off course, I also couldn't find a single feature to work out where I was!
I ended up in the middle of a fox hunt (dangerous when your ginger) and could hear shot guns off to my left!
I asked for directions from a guy who said I was miles out!
Eventually 2 hours and 30 minutes later feeling very sorry for myself I crossed the finishing line... except there wasn't a finishing line because they had all packed up. My first ever DNF - and I was having such a good year'…

Enter Jos Addison into the fray with a belter, or rather a frother, at Long Mynd. Being a seasoned racer he was regularly popping energy tablets, about 6 in total – only they just made him froth at the mouth and feel really weak and sick. Then someone pointed out the INSTRUCTIONS – Add to 1 litre of water.

Liz A took up the gauntlet with a lost contact lense during Ingleborough Mountain Race and having to navigate back down using one eye! Then she leapt into pole position after turning up at The Great Westmorland Trail Race in her sandals, forgetting to bring her fellshoes and borrowing some off a junior.

Sam Gibbs provided us with a good lesson in why warming up and last minute reccies are a bad idea – he pulled his hamstring before the fell race at Killington Sports in a frankly ludicrous attempt to outsprint a bunch of 18yr olds at the 100m. Then he crocked his ankle on the eve of Gummers How race when out checking the descent route.

Then from nowhere Lee Proctor made a last minute high-scoring bid by forgetting to dib the 1st control on the nav leg at the British Relays thus DQ'ing the team (remember it's double-points at relay-related inneptitude).

Liz then played the winning masterstroke as the curtain fell on the competition! —Being the only person ever known to need the assistance of the Mountain Rescue outside Greggs Bakers in the centre of Kendal!

2017 'I've Reccied It, Follow Me!'

Champion is:

Liz Adams





Keep those misendeavours rolling in in 2018!

HELM HILL RUNNERS—COMPETITION CORNER

Where's Lizzie?

In Helm's version of 'Where's Wally' can you spot Lizzie Adams at the recent inov-8 Fell Running Evening at Kendal Mountain Festival?



Pic:Lee Proctor

Helm Hill Runners facebook group—it's for senior, paid up members only. If you are new to Helm, as well as requesting to join on fb please also let Ali know —we get loads of requests from non-members!



Action shot from the fells

Favourite races send us an article—as short / long as you like!

Race reports—send us an article, as short / long as you like!

Want to see something / contribute something?

Recipes/Misendeavours/Poetry……..

All suggestions / contributions welcome.

Send to: newsletter@helmhill.co.uk

Deadline: end of April 2018

Pics

As well as the Helm Hill Gallery check out the following for excellent race pics:

James Kirby Photography

Dobo: Fellrunner.net

Woodentops: Woodentops.org

Steve Wilson Photography

Grand Day Out Photography